

COMBATIVES



FM 3-25.150

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Combatives

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Preface

This publication outlines combatives techniques, requirements for safe combatives training, and rules for combatives competitions. Included in the intended audience are commanders and certified Level III and IV instructors. This publication applies to the Active Army, the Army National Guard (ARNG)/ the National Guard of the United States (ARNGUS), and the US Army Reserve (USAR).

This publication is divided into six chapters and three appendixes:

- Chapter 1 provides an introduction to this manual.
- Chapter 2 outlines the strategy for combatives training.
- Chapters 3, 4, and 5 display techniques found in Levels I, II, and III training.
- Chapter 6 depicts contact weapons training.
- Appendix A outlines competition rules and regulations.
- Appendix B contains basic drills and training evaluation.
- Appendix C provides information about training areas.

Uniforms depicted in this manual were drawn without camouflage for clarity of the illustration.

Terms that have joint or Army definitions are identified in both the glossary and the text. Terms for which this publication is the proponent FM are indicated with an asterisk in the glossary.

Unless stated otherwise, masculine nouns and pronouns refer to both male and female genders.

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Chapter 1

INTRODUCTION

Combatives training stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. The mental and physical benefits of training gain their worth from their usefulness in producing more capable Soldiers.

PURPOSE

1-1. Combatives, the art of hand-to-hand combat, bridges the gap between physical training and tactics. The products of a good physical training plan—strength, endurance, and flexibility—must be directed toward the mission, and Soldiers must be prepared to use different levels of force in an environment where the intensity of a conflict changes quickly. Many military operations, such as peacekeeping missions or noncombatant evacuation, may restrict the use of deadly weapons. Combatives training saves lives when an unexpected confrontation occurs.

1-2. Combatives training includes arduous physical training that is mentally demanding and carries over to other military pursuits. This training produces Soldiers who—

- Understand controlled aggression and remain focused while under duress.
- Possess the skills requisite to the mission, at all levels in the spectrum of force.
- Have the attributes that make up the Warrior Ethos—personal courage, self-confidence, self-discipline, and esprit de corps.

SYSTEM PRINCIPLES

1-3. Throughout modern history, attempts to build a successful combatives system have failed or have been met with limited success. This has happened for several reasons. Quite naturally, commanders desire a system that doesn't require any training time to learn and maintain. Further, training has often been conducted by experts in civilian martial arts. These experts use training methodologies that are designed more for the civilian hobbyist than the realities of war.

1-4. Often, combatives training has been approached by allowing a Soldier versed in a civilian martial art to use a limited amount of training time, usually during another course (such as initial entry training [IET] or specialist training), to teach a useful technique. Blinded by his civilian training, the trainer demonstrates what he thinks are simple, effective, and easy-to-learn techniques selected based on a situation Soldiers may find themselves in or the tactical niche of the specialist training. He teaches the Soldiers these techniques, but due to the limited amount of training time, the Soldiers quickly forget them. To overcome these tendencies, a combatives training system must be based on certain principles, and then maintained. These principles are—

- Systematic training.
- Foundation.
- Continuous training.

- Competition.
- Drills.
- Live training.
- Integrated training.
- Combat feedback.

SYSTEMATIC TRAINING

1-5. Learning to fight is a process, not an event. To be effective, combatives training must be part of a system. Until Soldiers learn the techniques that form the system's foundation, they are unprepared for follow-on training; short cuts or teaching Soldiers “what they need to know” is counterproductive, much as advanced tactical training is counterproductive if a Soldier has not first been taught how to operate his weapon. Army combatives training must be based in a system that both lays a foundation of abilities that Soldiers take with them wherever they are assigned and is flexible enough to fit the wide range of specialized missions Soldiers and units are asked to perform.

FOUNDATION

1-6. Army institutional training should build a foundation for combatives training. Training should concentrate on the fundamentals of the combatives system—from learning basic combatives techniques in IET and advanced individual training (AIT) to leading a successful unit program in the leadership courses of the Noncommissioned Officer Education System (NCOES) and Officer Education System (OES).

CONTINUOUS TRAINING

1-7. Combatives training must not end upon graduation from a training course. For Soldiers to develop their abilities, the majority of the training must happen outside of the institutional training environment. Units must develop their own combatives programs to spur troop involvement and encourage commanders to invest resources.

COMPETITION

1-8. Competition is the principal motivational tool used to spur combatives training. Competitions should not only be used to encourage excellence by giving Soldiers a chance to be unit champions, but also to make fighting ability an integral part of Soldiering.

DRILLS

1-9. Combatives drills reinforce Soldiers' basic skills through repetition. They can be used as part of a warm-up and integrated with calisthenics. Combatives drills should be an integral part of daily physical training.

LIVE TRAINING

1-10. Live training involves training against a fully resistant training partner; it approaches the reality of combat. There are many different methods of live training. Each has its own strengths and weaknesses; therefore, leaders should combine several approaches to ensure proper training.

INTEGRATED TRAINING

1-11. Combative engagements do not happen in a vacuum; they happen as part of missions. To give Soldiers the tools they need to successfully complete their missions, combatives must become an integral part of the training.

COMBAT FEEDBACK

1-12. When Soldiers are engaged in hand-to-hand combat, they acquire new information about combatives. These lessons must be captured and analyzed so that the Modern Army Combatives Program (MACP) evolves to fit the needs of Soldiers. Through combat feedback, the following lessons have been learned:

- ***Every fight is a grappling fight.*** Of course, this does not mean that there is no striking; every fight also involves striking, but always as an integral part of grappling.

- ***Every fight is over weapons.*** Control of this element will most likely determine the outcome of the fight.
- ***There is no shortcut to developing fighting skill.*** It can only be developed on the mat, on the grass, or in the shoot house, training first to build skills and then putting them in the context of the mission.

SAFETY

1-13. The MACP has been specifically designed to train the most competent Soldiers in a timely and safe manner. Ignorance and loss of control are principal reasons for most combatives-related training injuries.

RISK ASSESSMENT

1-14. Composite risk management (CRM) is the Army's primary decision-making process for identifying and controlling risks across the full spectrum of Army missions, functions, operations, and activities. The CRM process should be used to make sound individual and leadership risk decisions.

NOTE: See FM 5-19 for more information about the CRM process.

1-15. Combatives training has inherent risks. These risks may not be readily apparent and are sometimes counterintuitive to the untrained person; therefore, a combatives instructor certified at the appropriate level should be involved in the CRM process to mitigate these risks.

1-16. This manual outlines training events suitable to the level of technical and medical expertise available to commanders at the appropriate levels. Training intensity and severity should not exceed the recommended levels without command supervision.

NOTE: See Chapter 2 for more information about the risks inherent in combatives training.

GENERAL SAFETY PRECAUTIONS

1-17. Army combatives techniques should be taught in the order presented in this manual. They are arranged for a natural progression; the more dangerous techniques are presented after the Soldiers have established a familiarity with the dynamics of general combatives techniques. This will result in fewer serious training injuries from the more dynamic moves.

CAUTION

Soldiers performing combatives movements could cause or receive a body or head injury. Commanders are encouraged to have a medic present during all levels of combatives training. Soldiers who sustain injuries, especially those of the head, neck, and back, should not be moved until checked by a medic. Soldiers who receive these injuries should seek immediate medical care. Soldiers who lose consciousness during training should be checked by a medical doctor before returning to training.

TRAINING AREAS

1-18. During training, leaders should use training areas appropriate to the type of training. Most training should be conducted in areas with soft footing, such as grassy or sandy areas. If training mats are available, they should be used.

NOTE: Hard surfaces are inappropriate for combatives training.

CHOKES

1-19. Chokes are the most effective way to end a fight without a weapon; they incapacitate an enemy and, with supervision, are safe enough to apply in training exactly as a Soldier would on the battlefield.

JOINT LOCKS

1-20. Attacks on most large joints (e.g., elbow, shoulder, or knee) are painful long before causing injury, which allows Soldiers to conduct full-force training without significant risk of injury. The exceptions are wrist attacks and twisting knee attacks; therefore, these attacks should be taught with great care and should not be allowed during sparring or competitions.

CAUTION

Wrist and twisting knee attacks should not be allowed during sparring or competitions. The wrist is very easily damaged, and twisting the knee does not become painful until it is too late to prevent damage. Soldiers with prior injuries should exercise caution when practicing grappling techniques.

STRIKING

1-21. Striking is not the most efficient way to incapacitate an enemy and often results in injury to the striker. However, striking is an important part of an overall fight strategy; strikes can be very effective in manipulating the opponent into unfavorable positions. Striking can be practiced with various types of protective padding, such as boxing gloves. Defense can be practiced using reduced-force blows.

CAUTION

Striking often results in injury to the striker.

SAFETY EQUIPMENT

1-22. Safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.

1-23. Further, the effects of using safety equipment are not always clear. For example, boxing headgear is designed to protect the wearer from superficial wounds, such as a cut or a broken nose, but it does not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

CAUTION

While safety equipment may protect the wearer from superficial wounds, such as a cut or a broken nose, it may not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

Chapter 2

TRAINING

The military profession is inherently dangerous. Commanders must train their units to tough standards under the most realistic conditions possible.

— FM 7-0, *Training for Full-Spectrum Operations*

This chapter discusses the combatives training program—from institutional training to operational unit training, training areas, teaching techniques, and safety precautions that must be considered before conducting combatives training.

SECTION I — COMPOSITE RISK MANAGEMENT PROCESS

It is vital to identify unnecessary risks by comparing potential benefit to potential loss. The CRM process allows units to identify and control hazards, conserve combat power and resources, and complete the mission. This process is cyclic and continuous; it must be integrated into all phases of operations and training.

Application of the risk management process will not detract from this training goal, but will enhance execution of highly effective, realistic training.

— FM 7-0, *Training for Full-Spectrum Operations*

There are five steps to the CRM process:

- (1) Identify hazards.
- (2) Assess hazards to determine risk.
- (3) Develop controls and make risk decisions.
- (4) Implement controls.
- (5) Supervise and evaluate.

NOTE: Risk decisions must be made at the appropriate level.

IDENTIFY HAZARDS

2-1. Combatives training places Soldiers into contact situations, where injuries can occur. When identifying hazards, leaders should consider—

- The level of complexity.
- The techniques and equipment utilized.
- How the addition of new elements impacts known hazards.

LEVEL OF COMPLEXITY

2-2. Different levels of complexity imply different hazards.

TECHNIQUES AND EQUIPMENT UTILIZED

2-3. Techniques such as joint manipulation, muscle manipulation, and chokes require supervision. The inclusion of weapons and equipment in training offers additional hazards and requires greater supervision.

HOW NEW ELEMENTS IMPACT KNOWN HAZARDS

2-4. Ground-fighting is the safest method of sparring. However, adding new elements, such as controlled sparring, to ground-fighting will change specific known hazards. Each added training technique must be thoroughly tested and hazards identified before the training is conducted.

ASSESS HAZARDS TO DETERMINE RISK

2-5. Once identified, hazards are assessed by considering the likelihood of its occurrence and the potential severity of injury without considering any control measures. When assessing hazards, leaders should consider the Soldiers' current state of training.

EXAMPLE

Injury Due to the Arm Bar:

- A Soldier can expect to be on medically limiting profile for 90 days—marginal.
- This injury can occur occasionally.
- The resultant risk is moderate.

DEVELOP CONTROLS AND MAKE RISK DECISIONS

2-6. Leaders must apply three types of control measures to combatives risk assessments:

- Educational controls.
- Physical controls.
- Avoidance controls.

2-7. The unit commander's controls should be clear, concise, executable orders.

NOTE: Most vital to developing CRM controls is mature, educated leadership.

EDUCATIONAL CONTROLS

2-8. Educational controls occur when adequate training takes place. They require the largest amount of planning and training time. Leaders implement educational controls using two sequential steps:

- (1) Supervisors and instructors must be certified.
- (2) Soldier training must be executed.

PHYSICAL CONTROLS

2-9. Physical controls are the measures emplaced to reduce injuries. This includes not only protective equipment (e.g., gloves, headgear, and mats), but also certified personnel, such as referees, to supervise the training. Unrestrained physical controls are, in themselves, a hazard.

AVOIDANCE CONTROLS

2-10. Avoidance controls are a graduated set of rules in training and sparring (i.e., crawl—walk—run). Established by basic, standard, intermediate, and advanced competition rules, these controls limit the authorized techniques. Experience enables Soldiers to advance from

one set of rules to the next; it also enables supervisors and instructors to select Soldiers eligible for advancement.

NOTE: Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

IMPLEMENT CONTROLS

2-11. When leaders implement the controls, they must match the controls to the Soldier's skill level (e.g., seasoned Soldiers competing at a division tournament would use advanced rules). They must also enforce every control measure as a means of validating its adequacy.

SUPERVISE AND EVALUATE

2-12. This step allows leaders to eliminate unnecessary risk and ineffective controls by identifying unexpected hazards and determining if the implemented controls reduced the residual risk without interfering with the training.

SECTION II — INSTRUCTOR CERTIFICATION

Combatives instructor training consists of four levels. Each level is designed to standardize the instruction of specific fighting skills and, more importantly, prepare instructors for the responsibilities of training progressively larger units. The courses must be taken progressively, with sufficient intervals between them to allow mastery of the course material and sufficient teaching experience at each level.

The four levels of combatives instructor certification are—

- Level I.
- Level II.
- Level III.
- Level IV.

LEVEL I INSTRUCTION

2-13. Level I instruction is designed to produce fire team, squad, and platoon trainers who can teach the basic tasks and drills that all Soldiers must know.

NOTE: Soldiers must be certified by a certified Level III instructor, with the training validated by the first O-5 in the chain of command. Each certificate must contain the signature of the certifying instructor. The United States Army Combatives School (USACS) must receive a memorandum of training for all Level I students upon completion of the course.

DUTIES OF LEVEL I CERTIFIED INSTRUCTORS

2-14. Level I certified instructors—

- Enforce good fighting habits.
- Ensure that students understand the fundamentals.
- Supervise fire team, squad, and platoon bouts.

NOTE: See Appendix A for more information about fire team, squad, and platoon competitions.

LEVEL II INSTRUCTION

2-15. Level II instruction provides explanations for the techniques addressed in Level I, teaches additional ground-fighting techniques, and introduces throws and clinches.

NOTE: Soldiers must be certified by a certified Level IV instructor, with the training validated by the first O-5 in the chain of command. Each certificate must contain the signature of the certifying instructor. The USACS must receive a memorandum of training for all Level II students upon completion of the course.

DUTIES OF LEVEL II CERTIFIED INSTRUCTORS

2-16. Level II certified instructors—

- Review platoon trainers' training plans to ensure quality control and safety.
- Serve as assistant instructors for Level I certifications (conducted by a battalion master trainer).
- Act as punchers during the Achieve the Clinch drill.

NOTE: See Appendix B for more information about the Achieve the Clinch drill.

2-17. At the company level, they—

- Plan for, conduct, and supervise company competitions.

NOTE: See Appendix A for more information about company competitions.

- Advise company leaders on how to make their units' combatives training more productive.

LEVEL III INSTRUCTION

2-18. Level III instruction addresses all ranges of the fight by training striking skills and introduces Soldiers to integrating combatives training into the rest of their Warrior tasks and drills (e.g., incorporating combatives training into close quarters combat training and unit mission training).

NOTE: Certified Level III instructors must receive their certification from the USACS at Fort Benning, Georgia.

DUTIES OF LEVEL III CERTIFIED INSTRUCTORS

2-19. Level III certified instructors—

- Instruct Level I courses at the battalion level.

- Plan, conduct, and supervise quarterly battalion competitions.
- Act as judges or referees during regimental competitions.

NOTE: See Appendix A for more information about battalion and regimental competitions.

- Act as assistant instructors for regimental Level II courses under the supervision of the brigade Level IV master trainer.
- Advise battalion leaders on how to improve unit combatives programs.
- Provide platoon and company leaders resources for integrating combatives into unit mission training and situational training exercises.
- Teach Soldiers the fundamentals of striking and stand-up fighting.
- Act as primary safeties when Soldiers conduct sparring sessions.
- Secure the battalion's combatives training equipment.

LEVEL IV INSTRUCTION

2-20. Level IV instruction is designed to produce brigade and installation trainers with administrative, risk management, institutional, and competition skills.

NOTE: Certified Level IV instructors must receive their certification from the USACS at Fort Benning, Georgia.

DUTIES OF LEVEL IV CERTIFIED INSTRUCTORS

2-21. Level IV certified instructors—

- Provide quality assurance and control for battalion and company master trainers.
- Assist brigade and battalion leaders in mitigating risk for institutional and non-institutional combatives training.
- Teach battalion and company trainers to develop training strategies.

- Act as primary instructors for all regimental Level II certifications.
- Act as assistant instructors for post Level III mobile training teams (MTTs) from the USACS.
- Plan, conduct, and supervise quarterly or biannual brigade tournaments.
- Oversee standard and intermediate competitions.
- Supervise advanced competitions.
- Oversee battalion master trainers during standard competitions.

NOTE: See Appendix A for more information about brigade tournaments, and standard, intermediate, and advanced competition rules.

- Serve as installation master trainers.
- Integrate combatives safely into unit mission training and situational training exercises.
- Act as points of contact for emerging doctrine changes originating from USACS.
- Ensure that Soldiers have opportunities to be champions at every level.

RESPONSIBILITIES OF INSTRUCTORS

2-22. Diligent effort is needed to perfect the various combatives techniques, to apply them instinctively, and to teach others to safely master them. The following instructor responsibilities are the core of planning and execution of combatives training:

- Seek maximum efficiency with minimum effort. Continually strive to reduce all unnecessary explanations, movement, and activity. Streamline the training without compromising content or safety.
- Stress cooperation and technical mastery. Promote suppleness and controlled aggression.
- Reinforce the details of each technique, and provide positive feedback when warranted. Use occasional humor to motivate Soldiers, but avoid degrading or insulting them.

- Ensure that a sufficient number of serviceable training aids are present.
- Ensure that training areas are well-maintained and free of dangerous obstructions.
- Ensure that unit instructors and assistant instructors are qualified and prepared before all training sessions. Conduct instructor training weekly to maintain a high skill level.
- Develop as many skilled combatives instructors for each unit as possible. Instructor-to-Soldier ratios should not exceed 1 instructor per platoon in operational units and 1 instructor per 12 students in instructor certification courses. Encourage after-duty training and education for instructors.
- Require strict discipline of all Soldiers.

SAFETY PRECAUTIONS

2-23. To prevent injuries, the instructor must consider the following safety precautions before conducting combatives training:

- Supervise all practical work closely and constantly. Never leave a group unsupervised.
- Familiarize Soldiers with each maneuver by providing thorough explanations and demonstrations before they attempt the moves.
- Do not allow Soldiers to get ahead of the instruction.
- Ensure that training partners offer some resistance, but allow maneuvers to be freely executed during the learning stages and while perfecting the techniques.
- Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
- Ensure that Soldiers empty their pockets and remove their jewelry and identification tags before training.
- Ensure that Soldiers understand physical and verbal tapping signals to indicate when to release the training partner during grappling and choking techniques.
- Make sure Soldiers warm up properly before practical work.

SECTION III — INSTITUTIONAL TRAINING

For the MACP to be successful, there must be a systems approach to training. Soldiers and leaders must be taught the appropriate elements at each stage of their career.

INITIAL MILITARY TRAINING

2-24. Combatives training, like marksmanship training, should begin at the earliest stage of a Soldier's career. Table 2-1 contains information about combatives instruction during initial military training.

NONCOMMISSIONED OFFICER EDUCATION SYSTEM

2-25. Noncommissioned officers are the core of a unit's combatives

training program, but only a few of these NCOs will have the opportunity to become certified combatives instructors. Table 2-2 contains information about combatives instruction in the NCOES.

OFFICER EDUCATION SYSTEM

2-26. Platoon leaders through captain should have received initial combatives instruction before graduating from an officer training academy. Although officers are not the primary combatives instructors, training them in the art of combatives ensures that they can apply those skills to control a given situation. Table 2-3 contains information about combatives instruction in the OES.

Table 2-1. Combatives instruction during initial military training.

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Initial Military Training (IMT)	A minimum of 10 hours	<ul style="list-style-type: none">• Receive at least 10 hours of instruction.• Exhibit understanding of the core competencies in Drills 1 through 3.• Participate in four 2-minute bouts.
Officer Candidate School (OCS)	Training blocks consist of no more than 2 hours, with no more than 1 week between sessions.	
Advanced Individual Training (AIT)	A minimum of 10 hours Training blocks consist of a minimum of 2 hours, with no more than 1 week between sessions.	<ul style="list-style-type: none">• Receive at least 10 hours of instruction.• Sustain core competencies outlined in Drills 1 through 3.• Complete the basic combatives maneuvers, including—<ul style="list-style-type: none">▪ Rear Naked Choke.▪ Bent Arm Bar.▪ Straight Arm Bar from the Mount.▪ Straight Arm Bar from the Guard.▪ Sweep from the Attempted Straight Arm Bar.• Participate in two 2-minute bouts.
One Station Unit Training (OSUT)		
OCS enlisted and officer training		
NOTE: All bouts follow the basic combatives rules outlined in Appendix A. See Appendix B for information about Drills 1 through 3.		

Table 2-2. Combatives instruction in the Noncommissioned Officer Education System.

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Warrior Leader Course (WLC)	A minimum of 12 hours	<ul style="list-style-type: none"> • Receive at least 12 hours of instruction. • Sustain basic combatives skills and receive an introduction to scenario-based training. • Participate in four bouts. • Demonstrate (on command and with a partner) Drills 1 through 3 and the Front and Rear Takedown.
Basic Noncommissioned Officer Course (BNCOC)	<p>A minimum of 20 hours</p> <p>If BNCOC allows for 40 hours of instruction, Level I certification should be offered.</p>	<ul style="list-style-type: none"> • Receive at least 20 hours of instruction. • Gain the ability to teach basic combatives and develop scenario-based training, and understand standard competition rules. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: <ul style="list-style-type: none"> ▪ Escape the Mount, Trap and Roll. ▪ Pass the Guard. ▪ Achieve Mount from Side Control. ▪ Arm Push and Roll to the Rear Mount. ▪ Escape the Rear Mount. ▪ Escape the Mount, Shrimp to the Guard. ▪ Scissors Sweep. ▪ Rear Naked Choke. ▪ Cross-Collar Choke from the Mount and Guard. ▪ Bent Arm Bar. ▪ Straight Arm Bar from the Mount. ▪ Straight Arm Bar from the Guard. ▪ Sweep from the Attempted Straight Arm Bar. ▪ Close the Gap and Achieve the Clinch. ▪ Front Takedown to the Mount. ▪ Rear Takedown. ▪ Front Guillotine Choke. • Pass a written exam on the MACP and standard combatives rules. • Conduct at least one scenario-based training exercise. <p>Level I certification requires additional instruction, including—</p> <ul style="list-style-type: none"> • Receive 20 additional hours of training. • Perform the Achieve the Clinch drill.
NOTE: All bouts follow the basic combatives rules outlined in Appendix A. See Appendix B for information about Drills 1 through 3 and the Achieve the Clinch drill.		

Table 2-2. Combatives instruction in the Noncommissioned Officer Education System (continued).

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Advanced Noncommissioned Officer Course (ANCOC)	A minimum of 10 hours	<ul style="list-style-type: none"> • Receive at least 10 hours of instruction. • Exhibit understanding of the processes involved in the creation and operation of a safe and successful platoon combatives training program. • Conduct at least four bouts. • Pass a written exam on— <ul style="list-style-type: none"> ▪ MACP. ▪ Standard competition rules. ▪ Referee procedures. ▪ Risk mitigation (emphasis on head trauma). ▪ Controlling hazing. • Conduct written practical exercises for scenario-based training development and risk mitigation.
First Sergeants Course	A minimum of 10 hours	<ul style="list-style-type: none"> • Receive at least 10 hours of instruction. • Exhibit understanding of the processes involved in supervising a company combatives program. • Pass a written test on— <ul style="list-style-type: none"> ▪ MACP. ▪ Risk mitigation. ▪ Controlling hazing.
US Army Sergeants Major Academy (USASMA)	A minimum of 6 hours	<ul style="list-style-type: none"> • Receive at least 6 hours of instruction. • Exhibit understanding of the levels of combatives training, and the administrative duties of planning training for a battalion- or higher-level combatives program. • Pass a written test on— <ul style="list-style-type: none"> ▪ MACP. ▪ Risk mitigation. ▪ Controlling hazing.
NOTE: All bouts follow the basic combatives rules outlined in Appendix A.		

Table 2-3. Combatives instruction in the Officer Education System.

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Basic Officer Leader Course II (BOLC II)	A minimum of 20 hours	<ul style="list-style-type: none"> • Receive at least 20 hours of instruction. • Exhibit familiarity with basic combatives and scenario-based training. • Participate in at least four combatives bouts. • Demonstrate (on command and with a partner) the following maneuvers: <ul style="list-style-type: none"> ▪ Escape the Mount, Trap and Roll. ▪ Pass the Guard. ▪ Achieve Mount from Side Control. ▪ Arm Push and Roll to the Rear Mount. ▪ Escape the Rear Mount. ▪ Escape the Mount, Shrimp to the Guard. ▪ Scissors Sweep. ▪ Rear Naked Choke. ▪ Cross-Collar Choke from the Mount and Guard. ▪ Bent Arm Bar. ▪ Straight Arm Bar from the Mount. ▪ Straight Arm Bar from the Guard. ▪ Sweep from the Attempted Straight Arm Bar. ▪ Close the Gap and Achieve the Clinch. ▪ Front Takedown to the Mount. ▪ Rear Takedown. ▪ Front Guillotine Choke. • Conduct at least one scenario-based training exercise.
NOTE: All bouts follow the standard competition rules outlined in Appendix A.		

Table 2-3. Combatives instruction in the Officer Education System (continued).

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Basic Officer Leader Course III (BOLC III)	<p>A minimum of 20 hours</p> <p>If BOLC III allows for 40 hours of instruction, Level I certification should be offered.</p>	<ul style="list-style-type: none"> • Receive at least 20 hours of instruction. • Exhibit the ability to supervise a platoon combatives program, and familiarity with standard competition rules and scenario-based training. • Conduct at least four bouts. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: <ul style="list-style-type: none"> ▪ Escape the Mount, Trap and Roll. ▪ Pass the Guard. ▪ Achieve Mount from Side Control. ▪ Arm Push and Roll to the Rear Mount. ▪ Escape the Rear Mount. ▪ Escape the Mount, Shrimp to the Guard. ▪ Scissors Sweep. ▪ Rear Naked Choke. ▪ Cross-Collar Choke from the Mount and Guard. ▪ Bent Arm Bar. ▪ Straight Arm Bar from the Mount. ▪ Straight Arm Bar from the Guard. ▪ Sweep from the Attempted Straight Arm Bar. ▪ Close the Gap and Achieve the Clinch. ▪ Front Takedown to the Mount. ▪ Rear Takedown. ▪ Front Guillotine Choke. • Conduct at least one scenario-based training exercise. • Pass a written exam on the MACP and standard combatives rules. • Receive a class on risk mitigation, with an emphasis on head trauma. <p>Level I certification requires additional instruction, including—</p> <ul style="list-style-type: none"> • Receive 20 additional hours of training. • Perform the Achieve the Clinch drill.
NOTE: All bouts follow the standard competition rules outlined in Appendix A. See Appendix B for information about Drills 1 through 3 and the Achieve the Clinch drill.		

Table 2-3. Combatives instruction in the Officer Education System (continued).

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Captains Career Course (CCC)	A minimum of 20 hours	<ul style="list-style-type: none"> • Receive at least 20 hours of instruction. • Exhibit the ability to supervise a company combatives program. • Conduct at least two bouts. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: <ul style="list-style-type: none"> ▪ Escape the Mount, Trap and Roll. ▪ Pass the Guard. ▪ Achieve Mount from Side Control. ▪ Arm Push and Roll to the Rear Mount. ▪ Escape the Rear Mount. ▪ Escape the Mount, Shrimp to the Guard. ▪ Scissors Sweep. ▪ Rear Naked Choke. ▪ Cross-Collar Choke from the Mount and Guard. ▪ Bent Arm Bar. ▪ Straight Arm Bar from the Mount. ▪ Straight Arm Bar from the Guard. ▪ Sweep from the Attempted Straight Arm Bar. ▪ Close the Gap and Achieve the Clinch. ▪ Front Takedown to the Mount. ▪ Rear Takedown. ▪ Front Guillotine Choke. • Conduct at least one scenario-based training exercise. • Pass a written test on— <ul style="list-style-type: none"> ▪ MACP. ▪ Risk mitigation. ▪ Controlling hazing. <p>Level I certification requires additional instruction, including—</p> <ul style="list-style-type: none"> • Receive 20 additional hours of training. • Perform the Achieve the Clinch drill.
NOTE: All bouts follow the standard competition rules outlined in Appendix A. See Appendix B for information about Drills 1 through 3 and the Achieve the Clinch drill.		

SECTION IV — UNIT TRAINING

Successful unit combatives programs continue to focus on the core techniques taught to Soldiers during their initial military training. Mastery of these moves—not exposure to a large number of techniques—will result in more proficient fighters.

SUCCESSFUL UNIT TRAINING PROGRAMS

2-27. For unit combatives training to be successful, it must become an integral part of the unit's culture. Successful unit combatives programs have four characteristics:

- (1) Training is for every Soldier.
- (2) Set standards and hold people accountable for them.
- (3) Motivate Soldiers and leaders to achieve excellence.
- (4) Integrate combatives into mission training.

TRAINING IS FOR EVERY SOLDIER

2-28. For unit combatives training to be successful, combatives training must be for every Soldier and leader. Combatives drills and live ground-sparring should be incorporated into daily physical training (PT), and Soldiers should be expected to participate in competitions. To inspire the pursuit of excellence, individual Soldiers may compete during the organizational day. As a method of inspecting training levels, leaders should conduct random checks by periodically calling on squads, sections, or individuals to compete.

NOTE: All combatives competitions should be conducted in accordance with the rules established in Appendix A.

SET STANDARDS

2-29. To be a useful tool for instilling the Warrior Ethos, combatives training must be for every Soldier. To ensure this, leaders should expect every Soldier to demonstrate proficiency in the basic combatives tasks and drills.

NOTE: See Appendix B for more information about basic combatives tasks and drills.

MOTIVATE SOLDIERS

2-30. Every Soldier should be willing and able to fight when called upon. Commanders should hold regular competitions using the appropriate set of rules to motivate Soldiers to achieve excellence. Every Soldier—from fire team level to the entire Army—should know who the best fighter in their unit is.

NOTE: Unit competitions should be held periodically, using the appropriate rules for the size of the unit.

INTEGRATE INTO MISSION TRAINING

2-31. Only when a comprehensive skill development plan is in place can effective mission training begin. Skills must be put into context by scenario-based mission training focused on the unit's mission-essential task list (METL).

2-32. Combatives training must address both the doctrinal requirements and the need to effectively respond to man-to-man contact in the contemporary operating environment (COE). Leaders should consider the following:

- Provide Soldiers with battle-focused training that includes combat inside of the striking range.
- Conduct live training that allows troops to work through the entire spectrum of force.
- Make Soldiers execute the weapons transition fight while engaged with the enemy.

Everyday METL Tasks Requiring the Use of Combatives Skills

1. A compliant subject at a traffic control point suddenly becomes non-compliant.
2. The battalion indicates that an intelligence subject must be captured. During the search and seizure mission, the lead man in the search team encounters hostile opposition and has a weapon malfunction.
3. When turning a corner in a bunker complex, an enemy grabs a Soldier's weapon and pins him to the wall.
4. In close quarters, an enemy attacks a Soldier under zero illumination.

UNIT SUSTAINMENT TRAINING PROGRAM

2-33. Command emphasis is the key to the sustainment of a successful combatives program. Training sessions should be included regularly on unit training schedules at the company and platoon level.

TRAINERS

2-34. Regular sessions with trainers ensure the quality of training at the small unit level.

2-35. Primary trainers should be designated at all levels:

- Platoon trainers must be Level I certified.
- Company trainers must be Level II certified.
- Battalion trainers must be Level III certified.
- Regimental and division trainers must be Level IV certified.

NOTE: See Section II of this chapter for more information about instructor certification.

2-36. Primary trainers should be of the appropriate rank (e.g., a platoon primary trainer should be a team or squad leader).

PHYSICAL TRAINING

2-37. Once combatives drills have been formally trained, they should be incorporated into daily PT. This can be achieved by utilizing the last 10 to 15 minutes of the PT session to reinforce Drills 1 through 3 and conduct ground-sparring.

NOTE: See Appendix B for more information about drills.

COMPETITION

2-38. Competition supports sustainment by—

- Encouraging Soldiers to further develop their fighting skills through continued training.
- Promoting a fighting spirit.
- Instilling esprit de corps by giving exceptional Soldiers opportunities to become champions.

NOTE: See Appendix A for more information about combatives competitions.

SECTION V — CONDUCT OF TRAINING

This section discusses various teaching techniques, training equipment, and training areas to use while conducting combatives training.

CRAWL—WALK—RUN APPROACH

2-39. Unit training should be conducted using the crawl—walk—run approach. The crawl—walk—run approach ensures a high skill level throughout the unit and minimizes the risk of training injuries by ensuring that Soldiers do not proceed to the next phase before they master the skills presented in the current phase. This approach may be applied on two levels:

- Initial training session.
- Unit combatives programs.

INITIAL TRAINING SESSION

2-40. Instructors should use these phases during each initial training session.

Crawl Phase

2-41. During this phase, instructors introduce, teach, and demonstrate new techniques, and use execution by the numbers.

Walk Phase

2-42. During this phase, Soldiers practice the new techniques by the numbers, but with more fluid movement and less instructor guidance.

Run Phase

2-43. During this phase, Soldiers execute the techniques at combat speed with supervision.

UNIT COMBATIVES PROGRAMS

2-44. Instructors use the crawl—walk—run approach when developing unit combatives programs.

Crawl Phase

2-45. During this phase, the instructor introduces combatives to the unit, emphasizing the basic ground-fighting techniques and gradually introducing stand-up fighting and fight strategy. This ensures that the movements are correctly programmed into the Soldier's subconscious after a few repetitions.

Walk Phase

2-46. In this phase, instructors introduce Soldiers to more advanced ground-fighting techniques and begin training on closing with the enemy and takedowns. Soldiers engage in full sparring and competitive matches.

Run Phase

2-47. In this phase, Soldiers spar with strikes during ground-fighting, practice takedowns against an opponent with boxing gloves, and participate in scenario-driven training (e.g., training with multiple opponents or restrictive equipment). This phase produces troops able to perform techniques at full speed against a fully resistant opponent.

TALK-THROUGH METHOD OF INSTRUCTION

2-48. The talk-through method of instruction has two phases:

- Execution by the numbers.
- Execution at combat speed.

EXECUTION BY THE NUMBERS

2-49. Instructors should use execution by the numbers to break techniques into step-by-step phases so that Soldiers can see the mechanics of each movement and technique. This teaching method allows the instructor to detail the sequence of each movement.

NOTE: Assistant instructors move freely throughout the training formation and make on-the-spot corrections.

EXAMPLE

On the command "PHASE ONE, MOVE," the attacker throws a right-hand punch to the defender's face. At the same time, the defender steps to the inside of the attacker, off the line of attack, and moves into position for the right Hip Throw.

EXECUTION AT COMBAT SPEED

2-50. When the instructor is confident that the Soldiers being trained are skilled at executing a technique by the numbers, he has them execute it at combat speed. Executing movements at combat speed

enables Soldiers to see a technique's effectiveness and allows them to develop a clear understanding of the principles behind the technique. This builds Soldiers' confidence in the technique and in their ability to perform it during an attack.

NOTE: Combat speed does not always mean very quickly. Speed requires space, and space often favors the defender.

EXAMPLE

"PASS THE GUARD AT COMBAT SPEED, MOVE."
The Soldiers execute this technique from start to finish.

WARM-UPS

NOTE: See Appendix B for more information about warm-up exercises.

2-51. Before combatives training, the Soldier must be prepared for the upcoming physical stress. To begin warm-up exercises, Soldiers rotate the major joints—neck, shoulders, hips, and knees—to their maximum range of motion.

NOTE: Range of motion should not be forced, but will expand naturally as Soldiers' joints become healthier.

DEMONSTRATIONS

2-52. Well-coordinated demonstration and professional demonstrators are crucial for successful Soldier learning. Unrehearsed presentations or inadequately trained demonstrators can immediately destroy the credibility of the training. Two methods are appropriate for demonstrating combative techniques based on the size of the group to be taught.

COMPANY-SIZE FORMATION OR LARGER

2-53. Using the talk-through method of instruction, the primary instructor talks the demonstrators through the techniques by the numbers, and then the demonstrators execute at combat speed so that Soldiers can see how to apply the move. The primary instructor is free to control the rate of the demonstration and to stress key teaching points.

PLATOON-SIZE FORMATION OR SMALLER

2-54. For smaller formations, the primary instructor can apply the technique being taught to an assistant instructor. The primary instructor talks himself through the demonstration, stressing correct body movement and key teaching points.

DRILLS

NOTE: See Appendix B for more information about drills.

2-55. Training drills are conducted at the beginning of each training session, after the initial warm-up, to—

- Warm up.
- Reinforce the importance of dominant body position.
- Perfect Soldiers' basic skills.

2-56. During drills, Soldiers repeat basic positions, with a different detail emphasized during each session. This allows for the maximum use of training time by simultaneously building muscle memory, refining basic combatives techniques, and enabling Soldiers to warm up.

TRAINING LIVE

2-57. Live training is executing techniques in real time with a fully resistant opponent. In combatives, live training includes various types of sparring:

- Ground-sparring.
- Clinch-sparring.
- Standing strikes sparring.
- Full sparring.

GROUND-SPARRING

2-58. Ground-sparring is limited to ground-fighting techniques. In ground-sparring, fighters begin by facing each other on their knees. While sparring, both fighters display aggressiveness and superior technique.

2-59. Ground-sparring techniques consist of—

- Situational sparring.
- Limited sparring.
- Sparring with strikes.

Situational Sparring

2-60. In situational sparring, Soldiers assume a set position to work on a specific technique and reset upon meeting certain objectives. This type of training is key to developing well-rounded fighters.

EXAMPLE

Soldier A begins within Soldier B's Guard. They spar until Soldier A passes the Guard, is swept, or is submitted. In this example, Soldier A is working on his Guard-passing skills, while Soldier B is working on his Guard-passing defense.

Limited Sparring

2-61. In limited sparring, Soldiers can use only a limited number of techniques (e.g., sparring for dominant position, submissions with chokes only).

Ground-Sparring with Strikes

2-62. When ground-sparring with strikes, open hand strikes should be used to the head, and closed fist strikes should be used to the body. The appropriate level of force should be used to promote safety and provide sufficient motivation to learn proper defense.

CLINCH-SPARRING

2-63. Clinch-sparring occurs at a close range. Clinch-sparring techniques consist of—

- Pummeling.
- Clinch with knee strikes.
- Sparring for takedowns.
- Clinch with knee strikes to a takedown.

Pummeling

2-64. Pummeling is sparring for dominant arm position only. In pummeling, Soldiers begin in a neutral position and fight for dominant position (e.g., double underhooks or neck control).

Clinch with Knee Strikes

2-65. While pummeling for dominant arm position, Soldiers try to create openings in their training partner's position to land controlled strikes with their knees. This allows Soldiers to better understand the actions involved in creating, exploiting, and defending openings.

NOTE: For best results, this type of sparring should be done lightly and for longer periods of time (twenty minutes or more is common).

CAUTION

When throwing knee strikes, fighters must take care to avoid injury to their training partners. All strikes should have no power behind them.

Sparring for Takedowns

2-66. Sparring for takedowns involves sparring from the standing position. This type of training will typically cause Soldiers to take a lower, crouching stance, which makes them vulnerable to knee strikes.

Instructors should follow this training with clinch-sparring to reinforce good posture.

NOTE: Sparring for takedowns can and should be conducted both with and without a uniform top. Soldiers must be able to exploit an enemy's clothing, but should not become dependant on it.

Clinch with Knee Strikes to a Takedown

2-67. The clinch with knee strikes to a takedown combines all techniques of the clinch range. When using this technique, Soldiers begin with their arms in a neutral posture and pummel for dominant position, while effecting strikes and takedowns. This type of clinch-sparring is the most effective, but requires it a high level of skill and cooperation from both training partners.

STANDING STRIKES SPARRING

2-68. To be effective in standing strike sparring, fighters must be within striking range of the opponent to apply full-force strikes and kicks. Standing strikes sparring techniques consist of—

- Jab sparring.
- Body boxing.
- Boxing.
- Kickboxing.
- Kickboxing with takedowns.

Jab Sparring

2-69. Jab sparring is used as an introduction to sparring with strikes and remains important as a means of developing both a good jab and the ability to defend the jab.

Body Boxing

2-70. Usually used for beginners only, body boxing is boxing where only body punches are allowed. This type of sparring allows new

fighters to become comfortable with sparring before punches to the head are allowed. Body boxing also forces fighters to become accustomed to exchanging blows with a partner at a close range.

NOTE: Allowing punches to the head too early can cause some fighters to become punch shy (overly cautious of being hit), which hinders their development.

Boxing

2-71. Boxing is sparring where only punches to the head and torso are allowed. Boxing is the foundation of striking skill development and should not be neglected.

CAUTION

Boxing is the most dangerous type of training in the combatives program. The key to safe and effective boxing is diligent supervision.

Kickboxing

2-72. Kickboxing is sparring where punches and kicks are allowed.

NOTE: Kicks should not be limited to the upper body, as is common in some martial arts.

Kickboxing with Takedowns

2-73. Kickboxing with takedowns can be done with boxing gloves, headgear, and no uniform top, or with no gloves and a uniform top (lack of gloves makes grasping it possible). In the latter, open hand strikes to the head and closed fist strikes to the body are allowed.

FULL SPARRING

2-74. Full sparring combines all other methods of sparring. It is less useful than other forms of sparring because the more skillful or physically gifted fighter only trains in his best position and his partner in his worst.

CONTACT WEAPONS

2-75. Contact weapons are any weapons that require physical contact with the enemy for proper employment. The use of contact weapons is seldom a Soldier's principal means of defeating an enemy. Considering the wide variety of possible weapons, contact weapons training must not only focus on specific weapons, but on giving Soldiers the ability to utilize any weapon effectively.

NOTE: Training partners should have the same skill level. The opponent must attack with a speed that offers the fighter a challenge, but does not overwhelm him. Training should not be a contest.

2-76. As Soldiers progress in their training, contact weapons fighting techniques should merge with the other elements of hand-to-hand fighting to produce a Soldier who is capable of operating across the full spectrum of force.

2-77. Continued training leads to sparring; Soldiers become adept enough to understand the principles of weapon attacks, defense, and movements so they can respond freely when attacking or defending from any angle.

NOTE: For more information about contact weapons, see Chapter 6.

TRAINING PADS AND OTHER PROTECTIVE EQUIPMENT

2-78. Dummy pads or martial arts striking pads are recommended to enhance training (Figure 2-1). They allow Soldiers to strike with full force, while protecting their training partners. Pads enable Soldiers to understand the effectiveness of striking techniques and to develop power in their striking.

CAUTION

While safety equipment may protect the wearer from superficial wounds, such as a cut or a broken nose, it may not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

2-79. Pads are recommended for knee strike and kicking drills. Ideally, pads are placed on the outside of the training partner's thigh, protecting the peroneal nerve. Pads can also be held against the forearms in front of the head and face to allow practice of knee or elbow strikes to this area.

2-80. Other protective equipment, such as shin guards, can also be useful to practice with improvised weapons.

NOTE: Training pads can be requisitioned through supply channels or purchased locally.



Figure 2-1. Protective equipment.

TRAINING AREAS

NOTE: See Appendix C for more information about training areas.

2-81. Combatives training can be conducted almost anytime or anywhere with little preparation of the training area; large, grassy outdoor areas free of obstructions are suitable for training.

2-82. Each Soldier should have an 8-square-foot (64 feet) training space. Instructors also pair Soldiers according to height and weight.

NOTE: When practicing throws or disarming techniques, Soldiers need twice the normal interval between ranks.

2-83. Formations used for PT may also be used for combatives training.

NOTE: If the extended rectangular formation is used, the first and third ranks should face the second and fourth ranks. Ensure that ranks are even in number so that each Soldier has a partner. See FM 21-20 for more information about formations used for physical training.

2-84. Combatives training equipment varies according to the skills being trained. Training equipment includes sticks of varying size (usually of rattan, a fibrous vine that does not break as easily as wood), rubber knives, bayonet scabbards, air guns, and electrically charged knives or stun guns of no more than 100,000 volts (Figure 2-2).

2-85. When using combatives training equipment, instructors should adhere to the following safety guidelines:

- Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- Make sure Soldiers keep scabbards on knives and bayonets firmly attached to rifles while learning bayonet disarming methods.
- Use electrically charged knives or stun guns of no more than 100,000 volts; bayonet scabbards; or rubber knives during knife disarming training.

CAUTION

To minimize weapon damage, limit weapon-to-weapon contact to half speed during training.

TRAINING EQUIPMENT

CAUTION

When using combatives training equipment, safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.



Figure 2-2. Training equipment.

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Chapter 3

BASIC GROUND-FIGHTING TECHNIQUES

Basic ground-fighting techniques build a fundamental understanding of dominant body position, and should be the focus of most combatives training before moving on to the more difficult standing techniques.

SECTION I — BASIC FIGHT STRATEGY

When two untrained fighters meet, they instinctively fight using the *universal fight plan*; they pummel each other with their fists until one of them receives enough damage that he cannot fight back effectively. Most forms of martial arts training are designed to make fighters better at executing this strategy. However, this approach has two drawbacks:

- (1) Progress is wholly dependant on the development of skill.
- (2) Bigger, stronger, and faster fighters have a natural advantage. Developing enough skill to overcome this advantage requires more time than can be dedicated during institutional training.

The MACP uses a more efficient approach, Fighting is taught in the context of strategy: the basic techniques serve as a teaching metaphor to teach the *basic fight strategy*. Fighters learn to defeat an opponent by controlling the elements of the fight: *range*, *angle*, and *level*. The basic fight strategy of the MACP has three phases:

- (1) Close the distance.
- (2) Gain dominant position.
- (3) Finish the fight.

This chapter provides Soldiers with these basic techniques, taking them through the basic levels of defending against an unarmed enemy. According to the circumstances surrounding the conflict, fighters can use these techniques to disable an opponent or force the opponent to submit.

Combatives tasks are based on conditions and are supported by graphics that depict a step-by-step process.

CLOSE THE DISTANCE

3-1. When training Soldiers, the primary goal should be instilling the courage to close the distance. The willingness to close with the enemy is a defining characteristic of a Warrior, and the ability to do so against an aggressive opponent is the first step in using range to control a fight.

GAIN DOMINANT POSITION

3-2. An appreciation for dominant position is fundamental to becoming a proficient fighter; it ties together what would otherwise be a list of unrelated techniques.

FINISH THE FIGHT

3-3. If a finishing technique is attempted from dominant position and fails, the fighter can simply try again; if a finishing technique is attempted from any other position and fails, it will usually mean defeat.

SECTION II — GROUND GRAPPLING

Training begins with ground grappling; this provides a sound basis for more difficult standing techniques. Ground grappling is also where technique can be most easily used to overcome size and strength. Before any time is spent on the more complex techniques presented later in this manual, the fighter must master these basics.

BASIC TECHNIQUES

3-4. The basic techniques provide an introduction to a systematic method of ground fighting.

3-5. Basic techniques include—

- Stand In Base.
- Fighting Stance.
- Opposing Thumbs Grip.
- Wrestler's Grip.
- Thumb/Thumbless Grip.

DOMINANT BODY POSITIONS

3-6. Before any killing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows the fighter to defeat a stronger opponent.

3-7. Dominant body positions include—

- Rear Mount.
- Mount.
- Guard.
- Side Control.

BASIC BODY POSITIONING MOVES

3-8. To perform basic body positioning moves, the ground fighter must have a feel for the dominant body positions and how they relate to each other.

3-9. Basic body positioning moves include—

- Arm Trap and Roll.
- Pass the Guard.
- Achieve the Mount from Side Control.
- Arm Push and Roll to the Rear Mount.
- Escape the Rear Mount.
- Escape the Mount, Shrimp to the Guard.

BASIC FINISHING MOVES

3-10. Once the fighter has achieved the dominant body position, he can attempt to finish the fight secure in the knowledge that, if an attempt fails—as long as he maintains dominant body position—he may simply try again.

3-11. Basic finishing moves include chokes and joint locks. These include—

- Rear Naked Choke.
- Cross-Collar Choke from the Mount and Guard.
- Bent Arm Bar from the Mount and Side Control.
- Straight Arm Bar from the Mount.
- Straight Arm Bar from the Guard.
- Guillotine Choke.

CHOKES

3-12. Chokes are the most effective method of disabling an opponent. There are two kinds of chokes: blood and air.

- Blood chokes attack the blood supply to the brain.
- Air chokes attack the air supply. These chokes take longer to cause unconsciousness.

JOINT LOCKS

3-13. Joint locks are designed to damage a given joint, such as the shoulder or elbow, and involve applying slow, steady pressure to either break the joint or force the opponent to submit.

TAPPING PROCEDURES

3-14. The safety of these procedures is dependent on the proper use of tapping. Tapping is a prearranged signal for submission.

3-15. A Soldier can submit in two ways:

- He can "tap" his opponent or the ground two or more times.
- He can submit verbally.

NOTE: Any straining or grunting noise should be treated as a tap. The sound a person makes when trying to lift a heavy object is very similar to the sound he makes when he is injured.

WARNING

To prevent injury, a Soldier should NEVER hold a technique after his training partner has tapped.

BASIC SWEEPS

3-16. Sweeps can be used to reverse positions with the opponent. They are techniques that transition the fighter from beneath a Guard to a Mount, where he can apply attacks more readily.

3-17. Basic sweeps include—

- Scissors Sweep.
- Sweep from the Attempted Straight Arm Bar.

SECTION III — CLINCH FIGHTING

For a fighter to control a stand-up fight, he must control the range between him and his opponent. When training Soldiers, leaders must recognize that stand-up fighting skills are difficult to master in a short amount of time. Trainers should compare takedowns to the basic tackle.

ACHIEVING THE CLINCH

3-18. The clinch is the optimum way to hold an opponent after a fighter has successfully closed the distance, but has not yet executed a successful takedown.

3-19. Level I clinch-fighting moves:

- Close the Distance.
- Modified Seatbelt Clinch.
- Rear Clinch.
- Double Underhooks Clinch.

NOTE: The Modern Army Combatives School training support package (TSP) provides more information about the Achieve the Clinch drill. This TSP is available at <https://www.infantry.army.mil/combatives/content/admin/AchieveTheClinchSOP27FEB2006.doc>.

BASIC TAKEDOWNS

3-20. All Level I throws and takedowns assume that the fighter has already achieved the clinch.

3-21. Basic takedowns include—

- Front Takedown.
- Rear Takedown.

GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE

Stand In Base allows the fighter to stand in the presence of an opponent or potential opponent without compromising his base and making himself vulnerable to attack. Leaders should reinforce the principles of body movement inherent in this technique every time a fighter stands up.



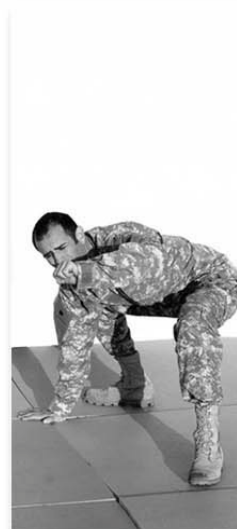
(1) Sit like a fighter. Place your dominant hand behind you on the ground to provide a base. Bend your non-dominant leg at the knee, and post the foot on the ground. Bend your non-dominant arm at the elbow, and place the elbow near the knee of your non-dominant leg, with the palm of your hand in front of your head facing your opponent to defend blows. Keep the striking foot of your dominant leg parallel to the ground, and use it to kick your opponent to create space to stand.



(2) Placing your weight on your dominant hand and non-dominant foot, pick up the rest of your body.



(3) Swing the leg between the two posts.



(4) Place the foot behind your dominant hand.



(5) After placing your weight on both feet, lift your hand from the ground, and assume a Fighting Stance.

WARNING

NEVER bend over at your waist. This will allow your opponent to strike your face with knees and kicks.

NOTE: Keep the knee behind your same-side arm, as shown.

GROUND GRAPPLING—BASIC TECHNIQUES

FIGHTING STANCE

The Fighting Stance allows the Soldier to assume an offensive posture conducive to attack, while still being able to move and defend himself. The Fighting Stance is not only a platform for unarmed fighting; it can also be used for various weapons, from close-range contact weapons to projectile weapons.

Hold your hands high, with the palms facing each other in a loose fist. Keep your line of sight just above the hands.

Keep your chin tucked. Look just beneath your eyebrows at your opponent. Block the side of your face with your lead shoulder.

Place your lead foot 12 to 18 inches in front of your trail foot, and turn your lead foot about 15 degrees inward. Position your feet approximately shoulder-width apart. Turn your trail foot about 45 degrees outward to provide stability in all directions. Keep the heel of your trail foot off the ground, and carry your body weight on the balls of your feet.



EYES ON THE OPPONENT, HANDS HELD HIGH, AND CHIN TUCKED

HEAD AND SHOULDERS ABOVE THE HIPS

Turn your waist slightly so that the lead hip is facing your opponent, but keep your head and shoulders above your hips.

ELBOWS TUCKED

Keep your elbows tucked into your body to cover the sides of your torso; they should not fly out horizontally while punching. Hold your forearms perpendicular to the ground so that your elbows are positioned over your knees.

BODY WEIGHT ON THE BALLS OF THE FEET



LEAD KNEE BENT AND PUSHED FORWARD

Bend your lead knee, and push it forward so that your knee is directly above your toe. Bend your trail knee slightly.

NOTE: The lead foot is the non-dominant foot. The trail foot is the dominant foot.

GROUND GRAPPLING—BASIC TECHNIQUES

OPPOSING THUMBS GRIP

The fighter uses the Opposing Thumbs Grip when his opponent may be able to attack his grip by peeling back his fingers; for example, when his hands are positioned in front of his opponent.



Grasp hands tightly together, with one thumb facing up and the other facing down. Tuck both thumbs tightly.

NOTE: DO NOT interlock your fingers. This may allow your opponent to break your fingers or escape the lock.

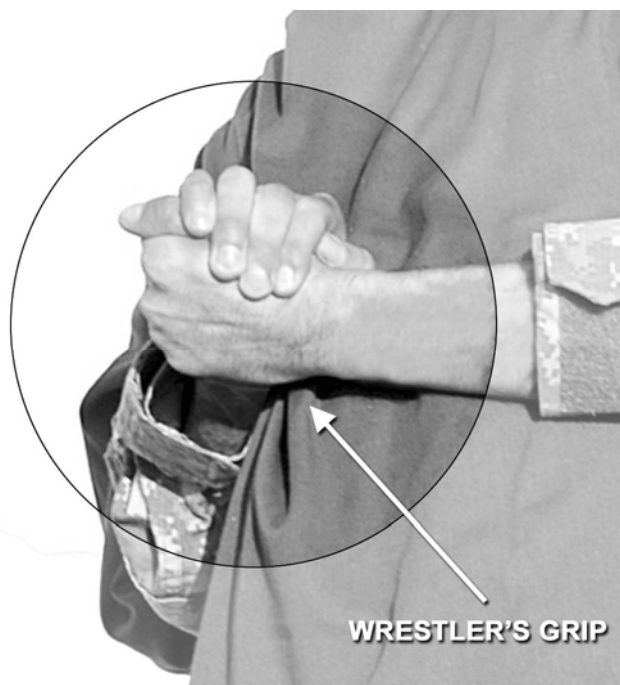
Keep all fingers together, and use each hand as one unit.

GROUND GRAPPLING—BASIC TECHNIQUES

WRESTLER'S GRIP

The fighter never uses the Wrestler's Grip when his hands are positioned in front of his opponent.

Hold hands together as though clapping. Tuck both thumbs.

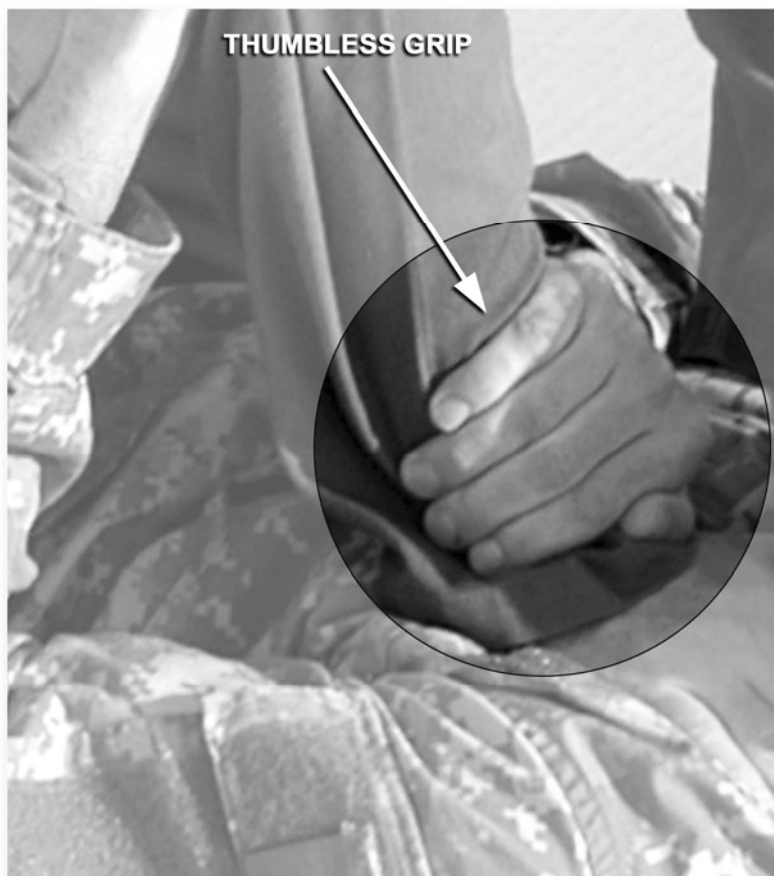


Tuck the bottom thumb to prevent your opponent from escaping.

GROUND GRAPPLING—BASIC TECHNIQUES

THUMB/THUMBLESS GRIP

The Thumbless Grip is very strong in the direction of the fingers and when clamping against something, such as a fighter's chest. The Thumb Grip can provide more control, but is very weak in the direction of the thumb and fingertips.



GROUND GRAPPLING—DOMINANT BODY POSITIONS

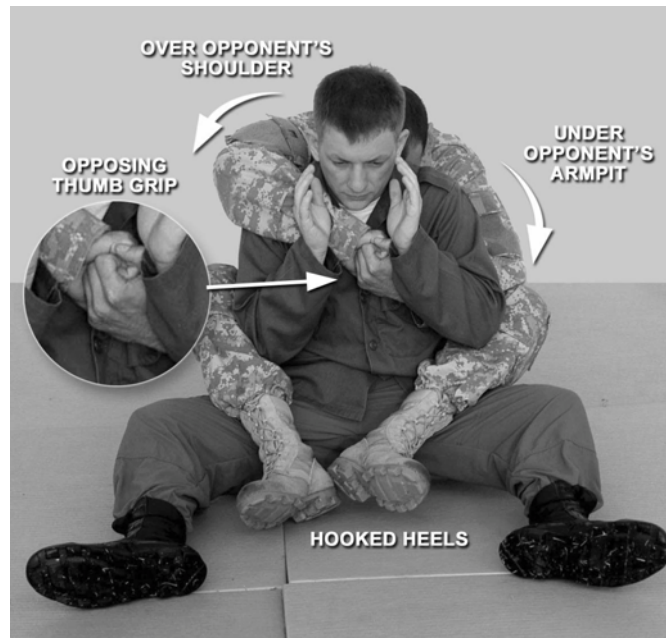
REAR MOUNT

The Rear Mount gives the fighter the best control of the fight. From this position, it is very difficult for the opponent to defend himself or counterattack.

Place one arm under your opponent's armpit and the other over his opposite shoulder.

Clasp your hands in an Opposing Thumbs Grip.

Wrap both legs around your opponent, with your heels "hooked" inside his legs.



NOTE: Keep your head tucked to avoid headbutts.

WARNING

When in the Rear Mount, **DO NOT** cross your feet; this would provide the opponent an opportunity for an ankle break.

GROUND GRAPPLING—DOMINANT BODY POSITIONS

MOUNT

The Mount allows the fighter to strike the opponent with punches, while restricting the opponent's ability to deliver effective return punches. The Mount also provides the leverage to attack the opponent's upper body with chokes and joint attacks.

NOTE: The Mount allows the fighter to strike the opponent with punches, while restricting the opponent's ability to deliver effective return punches.



Position your knees as high as possible toward the opponent's armpits.

WARNING

Place your toes in line with or inside of your ankles to avoid injuring your ankles when your opponent attempts to roll you over.

TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the opponent should position himself using the instructions below:

- (1) Lie on your back, bend your knees, and post both feet on the ground.
- (2) Pull your elbows tightly into your sides, and keep them on the ground to prevent your opponent from assuming a High Mount.
- (3) Hold your head off of the ground to prevent secondary impact concussions from strikes.
- (4) Keep your hands up to protect your head.

GROUND GRAPPLING—DOMINANT BODY POSITIONS

GUARD

A fighter never wants to be under his opponent; the Guard enables him to defend himself and transition off of his back into a more advantageous position. The Guard allows the bottom fighter to exercise a certain amount of control over the range by pushing out or pulling in his opponent with his legs and hips. With skill, the bottom fighter can defend against strikes and even apply joint locks and chokes.



The Guard allows the bottom fighter to exercise a certain amount of control over the range by pushing out or pulling in his opponent with his legs and hips.

TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the opponent should position himself using the instructions below:

- (1) Assume a good posture by establishing a wide base with your knees, keeping your toes inside of your ankles to prevent breaking them if you are swept.
- (2) With your elbows turned inward, place your hands on your opponent's hip flexors.
- (3) Keep a straight waist.

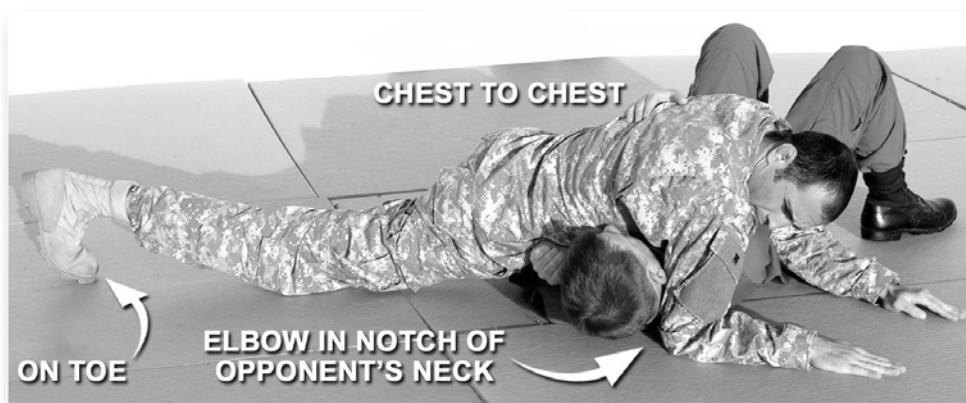
WARNING

The Soldier defending against the Guard must keep his toes inside of his ankles to prevent breaking them if he is swept.

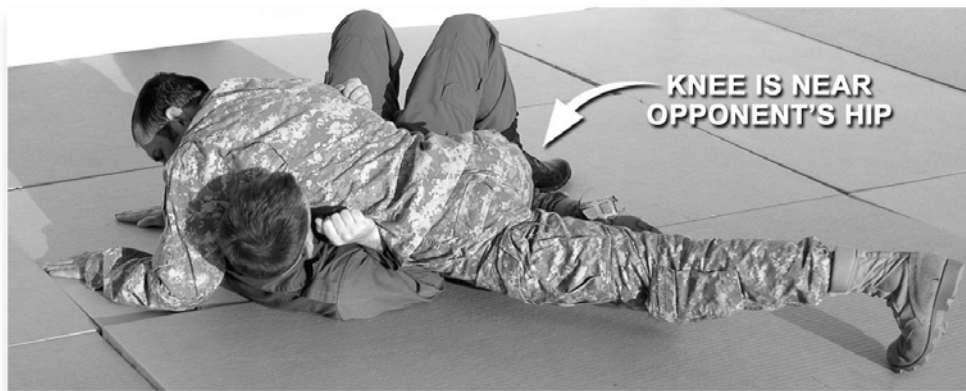
GROUND GRAPPLING—DOMINANT BODY POSITIONS

SIDE CONTROL

Although the Side Control position is less dominant, it allows the fighter to hold his opponent down and inflict damage, and if reversed, allows the fighter to avoid being positioned underneath his opponent. Further, Side Control is a transitioning position; a fighter can strike or submit an opponent while in this position.



Keep your head turned away to avoid knee strikes.



Place your elbow on the ground in the notch created by the opponent's head and shoulder (elbow notch). Position your other hand palm down on the ground under the opponent's near-side hip.

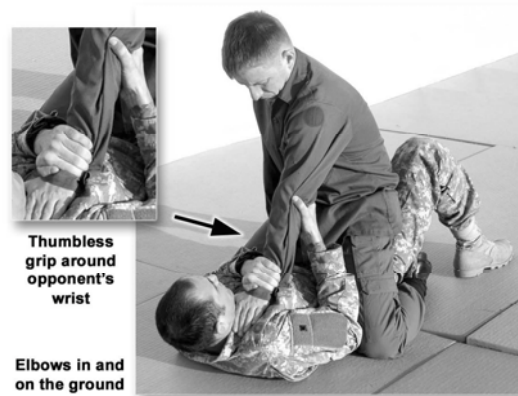
Keep the leg closest to your opponent's head straight, and bend the other leg so that the knee is near your opponent's hip.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM TRAP AND ROLL

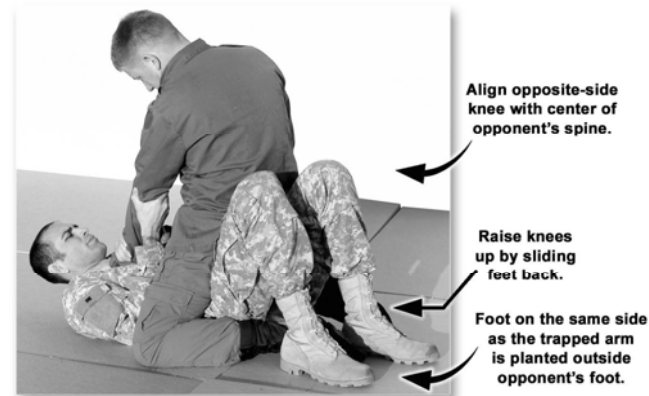
A fighter applies the Arm Trap and Roll when his opponent secures the Mount and invests his hands or arms into a choke. The non-dominant fighter must remain relaxed and fight the position, but not focus his energy on attempting to defeat the submission until he has placed himself in a better position.

NOTE: Conduct this technique when you are on your back on the ground and your opponent is sitting on top of you with both knees and feet on the ground near your ribs.



(1) Trap one of your opponent's arms. Wrap one hand around his wrist with a Thumbless Grip, and with the other, grab above his elbow notch with your thumb on the outside. Pull your elbow to the ground, if possible.

NOTE: Keep your elbows in and on the ground, even while your opponent is choking you. Raising your arms will allow your opponent to secure a High Mount or Arm Lock.



(2) Plant the foot on the same side as the trapped arm on the ground outside of the opponent's foot.

(3) Align your opposite-side knee with the center of your opponent's spine.

NOTE: Align your opposite-side knee with the center of your opponent's spine to avoid the Grapevine.

TRAINING INSTRUCTIONS

WARNING

When performing this technique, the top fighter must position his toes in line with or inside of his ankles to prevent severe ankle injury.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM TRAP AND ROLL (CONTINUED)



(4) Thrust upward with your hips, driving your opponent's head to the ground.



(5) Roll your opponent over, trapping his leg.



(6) Secure good posture in the Guard. Control your opponent's elbows.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD

When locked inside of his opponent's Guard, a fighter cannot finish the fight as quickly or efficiently as he can from a more dominant body position. Additionally, his opponent can attack him with strikes, submissions, and sweeps. Often, a fighter will attempt to strike or submit the opponent from within the Guard, further setting up these attacks.



(1) Assume a good posture by establishing a wide base with your knees, keeping your toes in line with or inside of your ankles. Place your buttocks on your heels. Keep a straight waist to avoid having your posture broken. Keep your elbows tight, and reach your hands down to control your opponent's hips. Place your hands outside of your opponent's hip flexors, fingers point out.

NOTE: Your opponent will often attempt to drag both of your arms to one side of your body to force you to submit or get behind you.



(2) Turn your fingers inward, and drive your hands to your opponent's chin, placing your face in his sternum. This position exposes only the top and back of your head to his strikes.



(3) Move your arms out to control your opponent's biceps. Roll your hands back, and cup them with a Thumbless Grip.

NOTE: Never use a Thumb Grip, as your opponent can attack with a wrist lock.



(4) Post one foot, and turn your hips to create space.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (CONTINUED)



(5) Release your same-side grip. Drive your hand (with a knife edge) through the opening. Turn your head and eyes in the opposite direction to prevent blows to the face from the arm you no longer have secured.



(6) Place your hand on the ground.



(7) Place your knee on the ground. Scoot the same-side leg back at a 45-degree angle, and drive your shoulder beneath your opponent's knee.



(8) Grab your opponent's leg just above the hip.

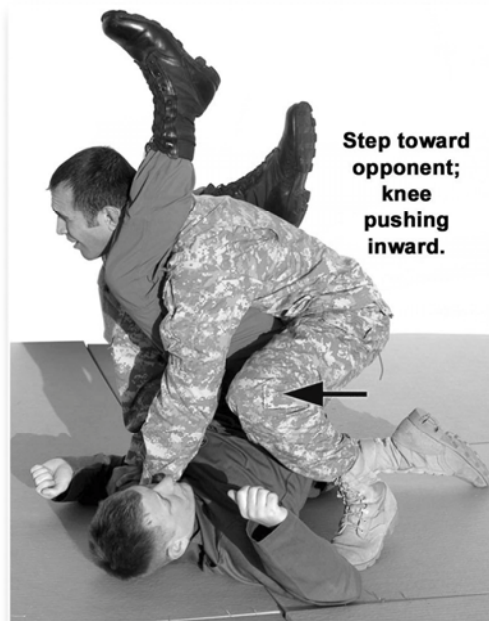
GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (CONTINUED)



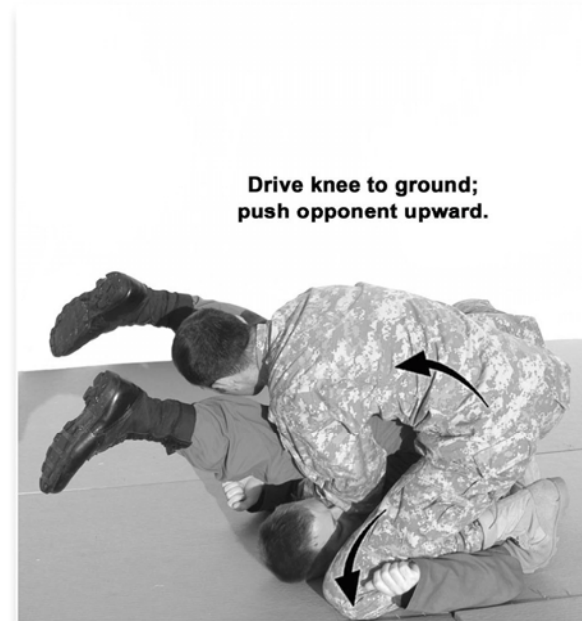
(9) Pull your opponent onto your lap by straightening your back. Keep your head above his knee.

NOTE: Maintain a good straight posture with your waist to prevent your opponent from choking you with his legs.



(10) Step toward your opponent's shoulder with your outside leg, your knee pushing inward to control your opponent's hip.

NOTE: Drive your hips into your opponent, and maintain this pressure throughout the remainder of this move to prevent your opponent from escaping.



(11) Reach your same-side hand across, and secure your opponent's collar, thumb on the inside, fingers on the outside.

(12) Drive your knee to the ground, toward your opponent's ear to prevent the Overhead Sweep. Position yourself perpendicular to your opponent. Post your trail foot. Drive your opponent's hips upward, and keep them in place by resting his hips on your trail knee.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

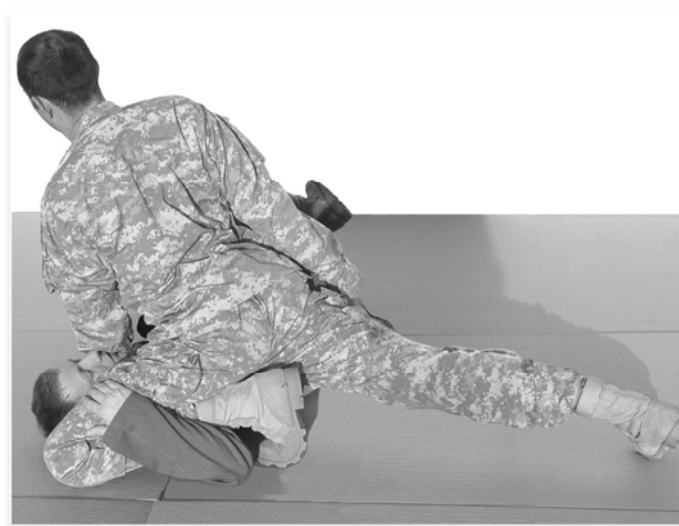
PASSING THE GUARD (CONTINUED)



(13) Push your opponent's knees over his head until you break the grip of his legs. Remove your arm from his bicep, and grab his belt line.

NOTE: Maintain tight body contact when transitioning from the Guard to Side Control to limit your opponent's ability to compose Guard.

(14) Lift your opponent's legs past his head.

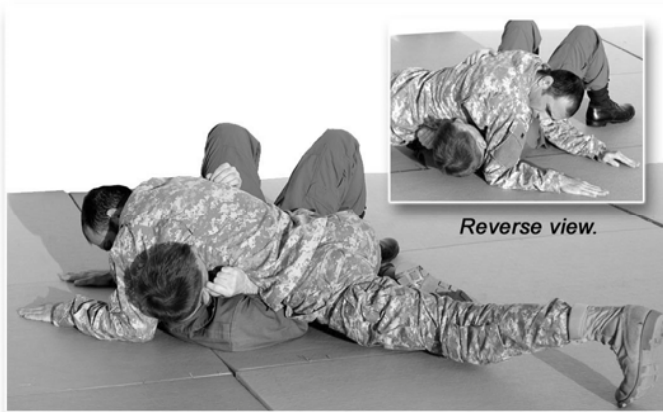


(15) Assume good Side Control.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ACHIEVE THE MOUNT FROM SIDE CONTROL

Fighters often move from Side Control to the Mount or Rear Mount, where they can land more effective strikes and submissions.



(1) Achieve good Side Control.



(2) Move the hand closest to your opponent's leg to control his hips. Be aware of his knees, and look down to avoid strikes.



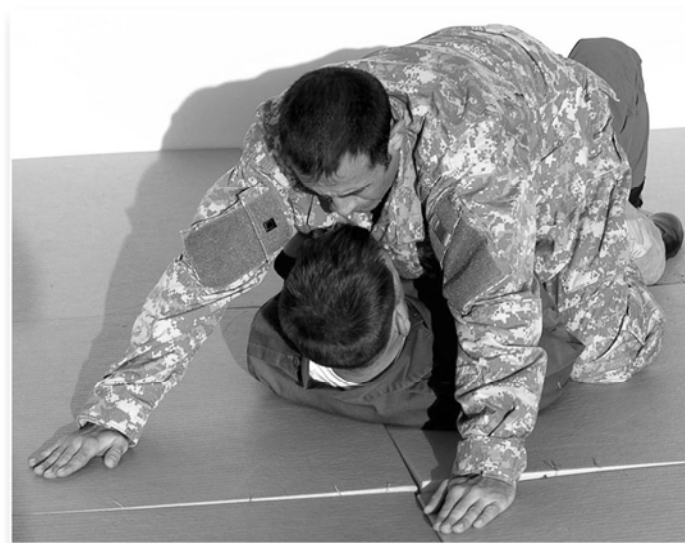
(3) Sit through facing your opponent's legs, and place your bottom knee against the hip. Spread your legs to avoid being thrown backward. Use the hand that was securing your opponent's hip to control his legs.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ACHIEVE THE MOUNT FROM SIDE CONTROL (CONTINUED)



(4) Swing your back leg up and over the top.



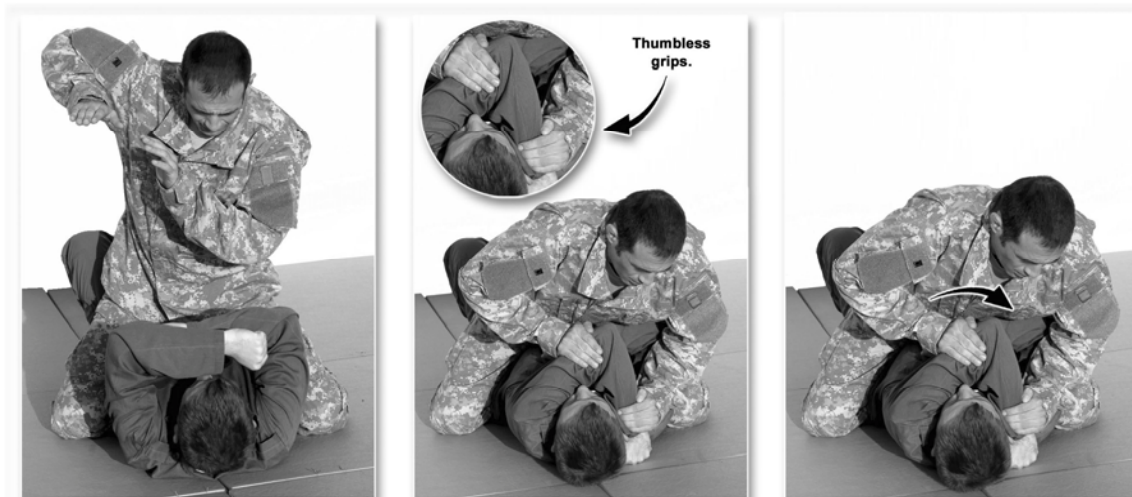
(5) Secure a mounted position.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT

The fighter uses the Arm Push and Roll to the Rear Mount to turn the opponent from his back to his stomach, giving the fighter a better opportunity to employ strikes and submissions.

NOTE: Conduct this technique when you have achieved the Mount and are attempting to strike, but your opponent is using a Standard Block to avoid your strikes.



(1) Target the arm closest to the top of your opponent's head.

(2) Place one hand on the back of your opponent's elbow and one hand on his wrist, both with Thumbless Grips.

(3) Push the arm across your opponent's body in the direction of his hand. Pin the arm with your body.

TRAINING INSTRUCTIONS

CAUTION

When performing this technique, the bottom fighter must form a fist with the hand of his trapped arm. Further, he must be mindful of where the hand and wrist of the trapped arm are located to prevent injury.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (CONTINUED)



(4) Release the grip of the hand on the elbow, and drive it under your opponent's neck to secure his wrist with both hands in Thumbless Grips.



(5) Move the hand that was on the opponent's wrist to his elbow.

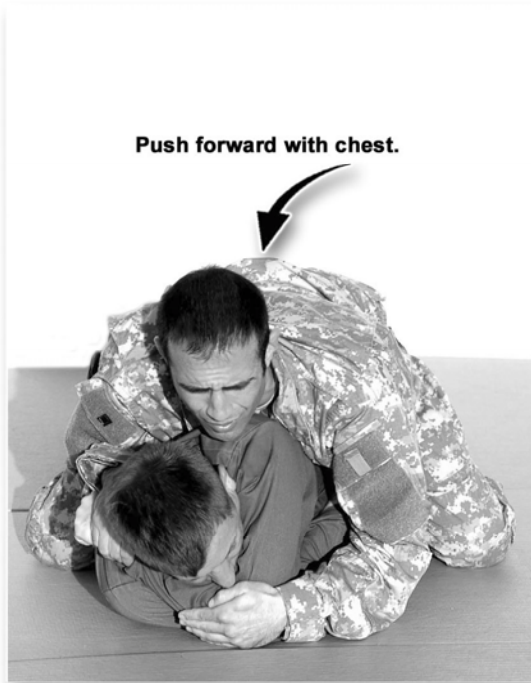


(6) Change your posture to make room for your opponent to roll.

NOTE: Maintain body and chest pressure to prevent your opponent from escaping.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (CONTINUED)

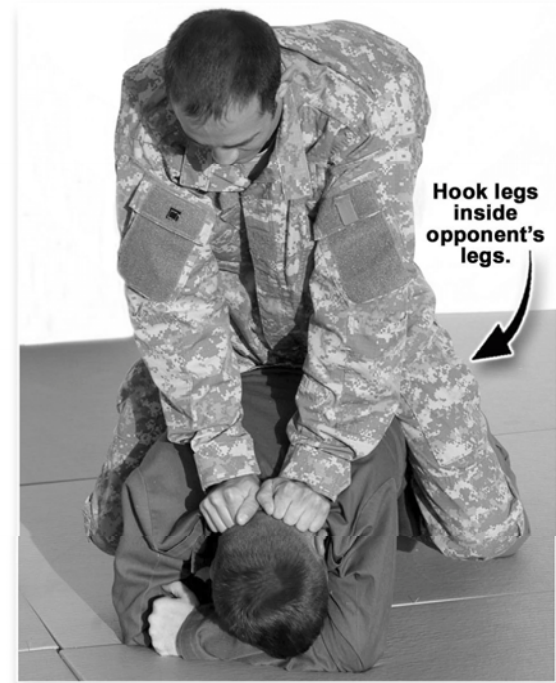


(7) Use your body strength to push your opponent with your chest (using ratchet motions) until his elbow stops him from going any further.

NOTE: Make sure you don't go too far over center.



(8) Take your weight off of your opponent, and fold his arms underneath him while pushing him forward.

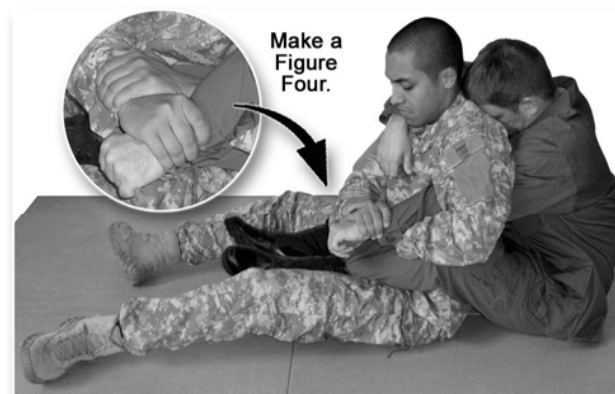


(9) From this position, the opponent normally tries to rise using his knees. When he attempts this, sit up and hook both legs inside of the opponent's legs. Push to straighten your arms with your hands in the back of your opponent's collar.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT

When his opponent has assumed the Rear Mount, the fighter must defend attacks while escaping the position in a timely manner.



(1) Place one hand over your head, with your palm facing out, your bicep very tight to the side of your head, and your hand covering your ear. Place the other hand near your armpit, with your palm facing in.

(2) Once your opponent reaches in, the hand under your armpit secures his wrist and pulls it through.

(3) Wrap your other arm around, making a Figure Four.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (CONTINUED)



(4) Place your back on the ground on your underhook side.

NOTE: Do not put your back on your overhook side.



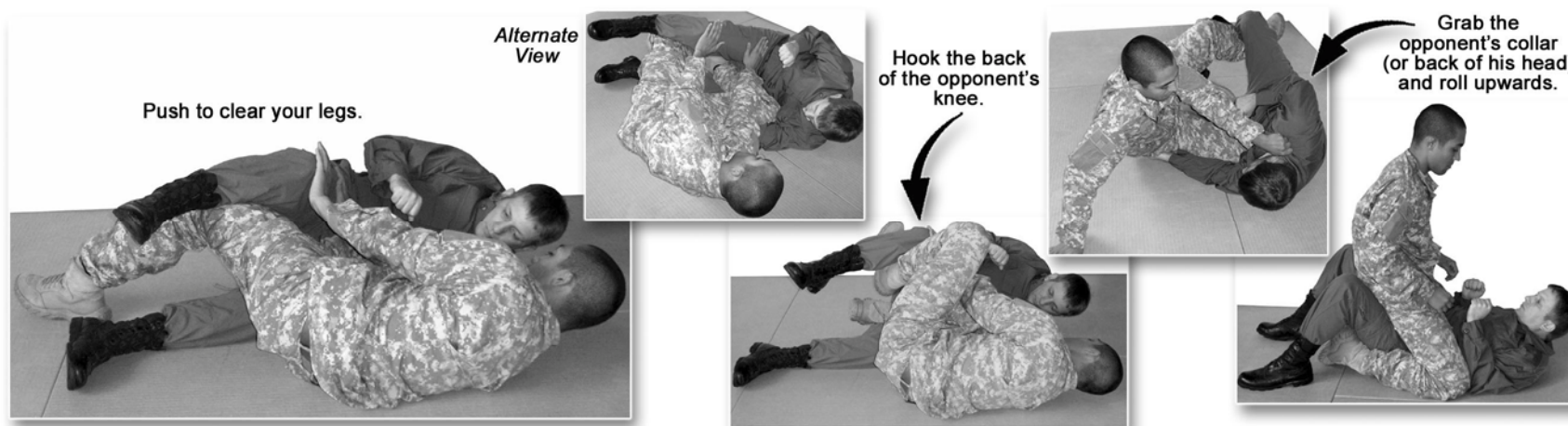
Alternate View

(5) Once your body weight is on your opponent's arm, let go and move your shoulders to the ground, using the ground to scrape your opponent off of your back.

(6) Push your hips through your opponent's legs, one hand on his hip and the other on his knee to prevent him from achieving the Mount.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (CONTINUED)



(7) Continue until your hips clear his legs.

(8) Move your hips to clear your legs. Move your inside leg through and to the ground, knee toward your opponent's armpit and foot hooking his groin area. Move your opposite leg through the middle, and hook the back of his knee with your foot.

(9) Reach your top hand into your opponent's far-side collar (or grab the back of his head, if he does not have a collar), with your bottom hand posted on the ground. Roll into the Mount, and achieve good posture.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE MOUNT, SHRIMP TO THE GUARD

While the fighter is attempting to escape the Mount, Trap, and Roll, his opponent may move his leg away, making the fighter unable to capture it. This movement, however, creates an opening under the same leg. The term "shrimp" refers to the action of moving the hips away, which is crucial to the success of this technique.

NOTE: Conduct this technique when you are on your back with your opponent mounted on your chest.



(1) Place your leg flat on the ground.



(2) Turn on your side, and face the opening created by your opponent. Using the space the opponent created by posting his leg, prop the opponent's leg up with your elbow.

NOTE: Turn on your hip to create more space.



(3) Turn facing the opponent's posted leg, with that side leg flat.



(4) Move your knee from underneath your opponent's leg.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE MOUNT, SHRIMP TO THE GUARD (CONTINUED)



(5) Turn to your other hip, and hook your opponent's leg to prevent him from reestablishing the Mount.



(6) Use both hands to push your opponent's hip away.



(7) Move your other knee from between your opponent's legs, and put your weight on your posted foot.



(8) Turn your body, and face the opposite direction. Loop your legs around your opponent, and lock your feet to reestablish your Guard.

GROUND GRAPPLING—BASIC FINISHING MOVES

REAR NAKED CHOKE

The Rear Naked Choke slows the flow of blood in the carotid arteries, which can eventually cause your opponent to be rendered unconscious for a short period of time.



(1) Achieve a Rear Mount, and hook both legs in place.



(2) Leaving the underhook in place, sneak the hand of your overhook arm around your opponent's neck. Put your bicep against the side of your opponent's neck. Roll your forearm to the other side of your opponent's neck, with both the bicep and the forearm resting against the carotid arteries. Position your elbow against the trachea. Externally, your opponent's chin will line up with your elbow.



(3) Place the bicep of your underhook under your overhook with a Thumbless Grip.



(4) Move your underhook to the back of the opponent's head to the knowledge bump, as if combing his hair back.



(5) Pinch your shoulder blades together, and expand your chest to finish the choke.

NOTE: Tuck your head to avoid getting hit.

GROUND GRAPPLING—BASIC FINISHING MOVES

CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD

The Cross-Collar Choke is a blood choke that can only be employed when your opponent is wearing a durable shirt. This choke should be performed from either the Mount or Guard.

MOUNT



Open opponent's collar.



Fingers on the inside of the collar and thumb on the outside.



(1) With your non-dominant hand, open your opponent's same-side collar.

(2) Reach across your body, and insert your dominant hand into the collar you just opened.

(3) Relax the dominant hand, and reach all the way behind your opponent's neck, grasping his collar with your fingers on the inside and your thumb on the outside.

NOTE: When in the Guard, change your angle to position yourself for the choke.

GUARD



Open opponent's collar.



Fingers on the inside of the collar and thumb on the outside.



GROUND GRAPPLING—BASIC FINISHING MOVES

CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD (CONTINUED)

MOUNT



Slide under your first arm
across your opponent's
neck.



Head forward over your top arm.



(4) Release the grip of your non-dominant hand, and move your dominant-side forearm across your opponent's neck under the first arm, clearing his chin.

(5) Using the same grip (fingers on the inside, thumb on the outside), reach all the way back until your dominant hand meets the other hand.

(6) Turn your wrists so that your palms face you, and pull your opponent into you. Expand your chest, pinch your shoulders together, and bring your elbows to your hips to finish the choke.

NOTE: When conducting this technique from the Mount, post your head forward on the ground, over your top arm.

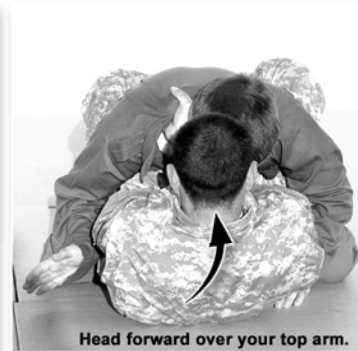
GUARD



Slide under your first arm
across your opponent's
neck.



Head forward over your top arm.



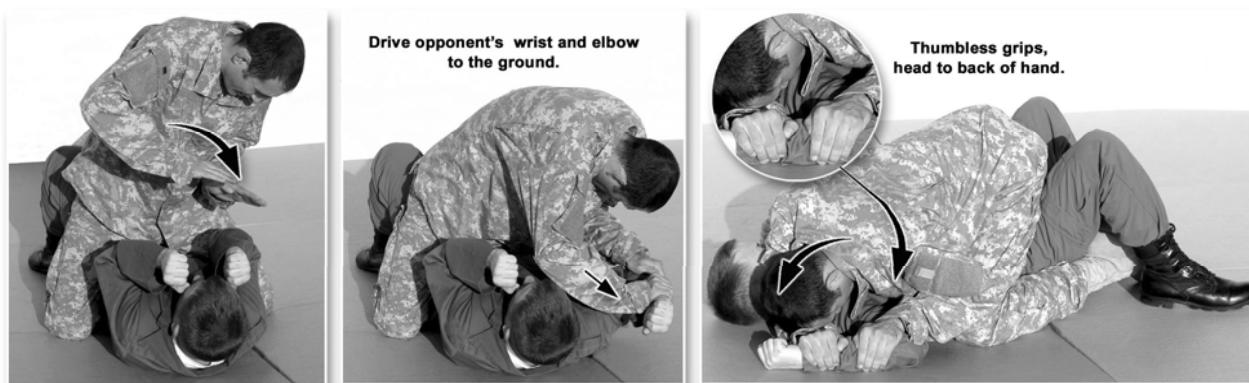
GROUND GRAPPLING— BASIC FINISHING MOVES

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL

The Bent Arm Bar is a joint lock that attacks the shoulder girdle. This technique can be employed from either the Mount or Side Control.

- NOTES:** 1. As with any submission technique, apply this shoulder lock using slow, steady pressure, and release as soon as your training partner taps.
2. Conduct this technique when your opponent uses the Parallel (Boxing) Block.

MOUNT



(1) With Thumbless Grips, drive your opponent's wrist and elbow to the ground, moving your elbow to the notch created by your opponent's neck and shoulder (elbow notch).

SIDE CONTROL



GROUND GRAPPLING— BASIC FINISHING MOVES

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL (CONTINUED)

MOUNT



(2) Keeping your head on the back of your hand to protect your face from strikes, place your other hand under his elbow.



(3) Grab your own wrist with a Thumbless Grip. Drag the back of your opponent's hand toward his waistline. Lift his elbow, and dislocate his shoulder.

SIDE CONTROL

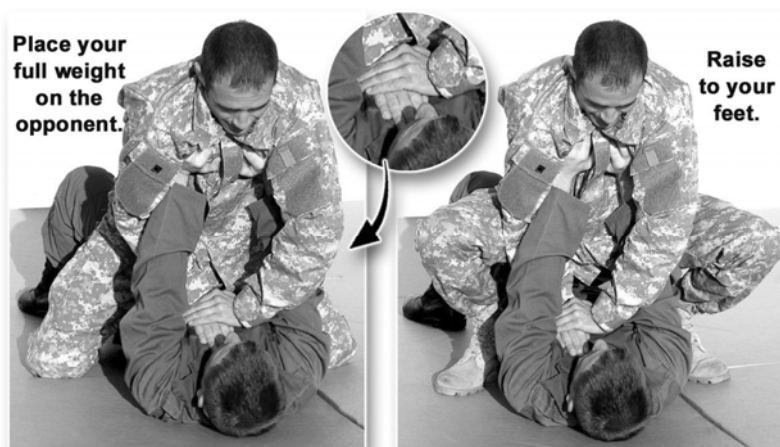


GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE MOUNT

The Straight Arm Bar is a joint lock designed to damage the elbow. While this exercise outlines a Straight Arm Bar performed from the Mount, this technique can be performed from any dominant position.

NOTE: As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as your training partner taps.



(1) Decide which arm you wish to attack. Isolate that arm by placing your opposite-side hand in the middle of your opponent's chest, between his arms. Targeting the unaffected arm, press down to prevent your opponent from getting off the flat of his back. Loop your same-side arm around the targeted arm and place that hand in the middle of your opponent's chest, applying greater pressure.

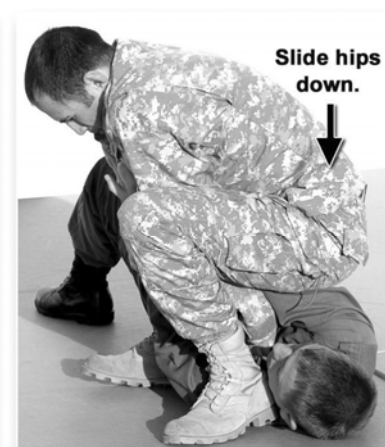
(2) Placing all of your weight on your opponent's chest, raise to your feet in a very low squat.

NOTE: Be conscious not to raise your hips. This will allow your opponent to escape.



(3) Turn your body 90 degrees to face the targeted arm.

NOTE: While turning, keep a slight forward posture, stay in a very low squat, and continue to apply pressure on your opponent's chest to prevent escape.



(4) Bring the foot nearest to your opponent's head around his face, and plant it in the crook of his neck on the opposite side of the targeted arm. Slide your hips down the targeted arm, keeping your buttocks tight to your opponent's shoulder.

NOTE: Remember to isolate the elbow joint by trapping only the bicep/triceps region between your legs.

GROUND GRAPPLING—BASIC FINISHING MOVES

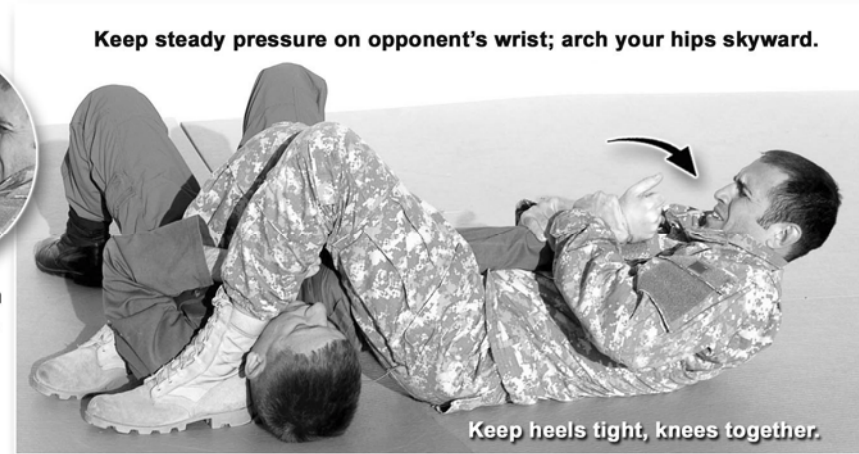
STRAIGHT ARM BAR FROM THE MOUNT (CONTINUED)



(5) Secure your opponent's wrist with both of your hands in Thumb Grips. Keep his thumb pointed skyward to achieve the correct angle. Pull your heels tight to your buttocks, and pinch your knees together tightly with the upper arm trapped between your knees, not resting on your groin.



**Both hands in
Thumb Grips.**



(6) Apply slow, steady pressure by trapping your opponent's wrist on your chest, and arching your hips skyward.

GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE GUARD

Fighting from your back can be very dangerous. When your opponent attempts to strike and apply chokes from within your Guard, use the Straight Arm Bar from the Guard, a joint lock designed to damage the elbow.

- NOTES:** 1. As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as your training partner taps.
2. Conduct this technique when your opponent uses his arms in a choke or attempts to bend your arms up.



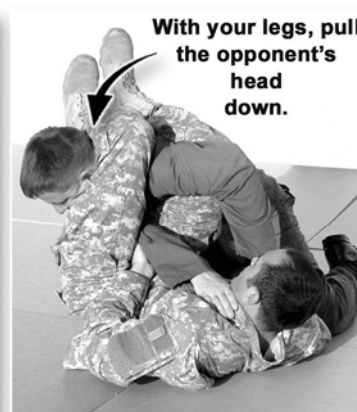
(1) When your opponent presents a straight arm, secure his arm at or above the elbow. Hold your opponent's elbow for the remainder of the move.



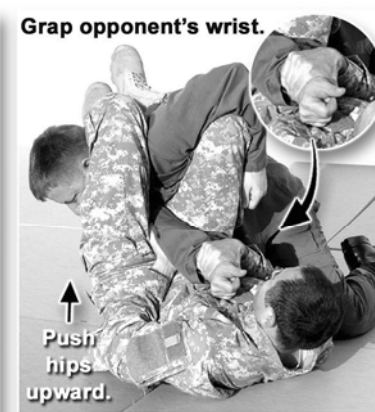
(2) Insert your other hand under the opponent's thigh on the side opposite the targeted arm. The hand should be palm up.



(3) Open your Guard, and bring your legs up, while curling your back to limit the friction.



(4) Contort your body by pulling with the hand that is on the back of your opponent's thigh. Bring your head to his knee. Place your leg over his head. With your leg, grab your opponent, and pull him down by pulling your heels to your buttocks and pinching your knees together.

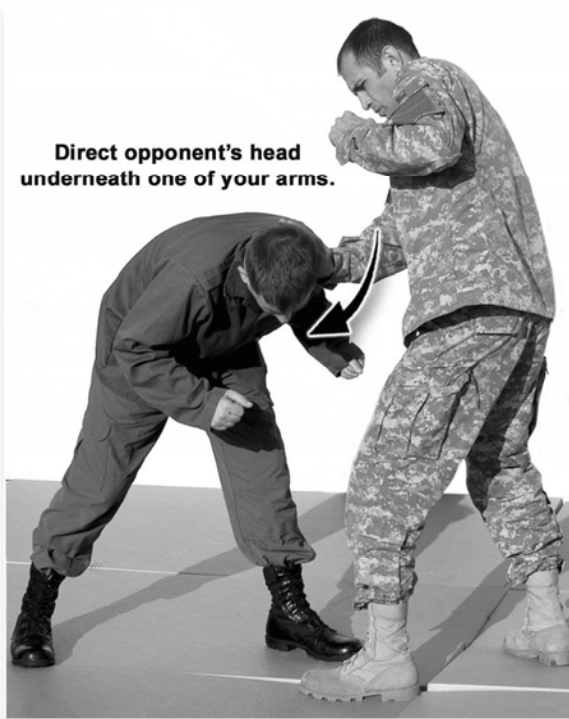
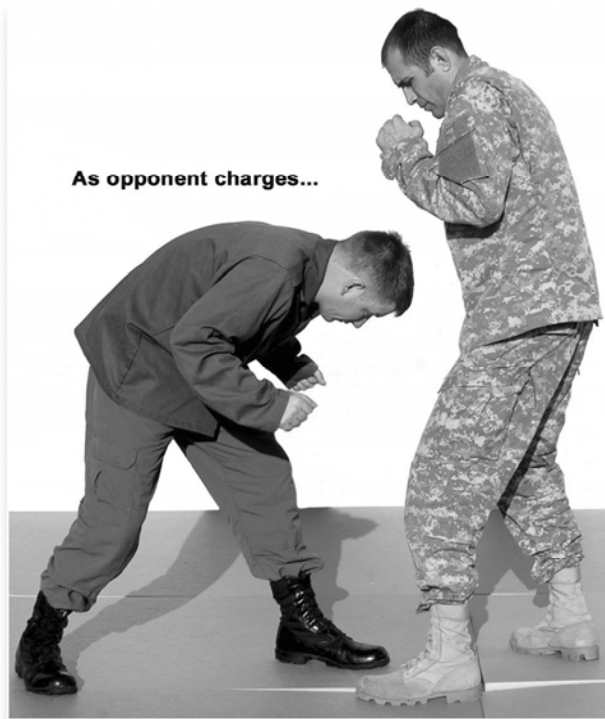


(5) Move the hand that was behind your opponent's thigh to grasp the wrist that you secured at the elbow with a Thumb Grip. Curl your calf downward and push up with your hips to break your opponent's arm.

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE

Often an opponent will attempt to charge the fighter and will present his neck during the tackle. The Guillotine Choke allows the fighter to present a defense to the takedown.

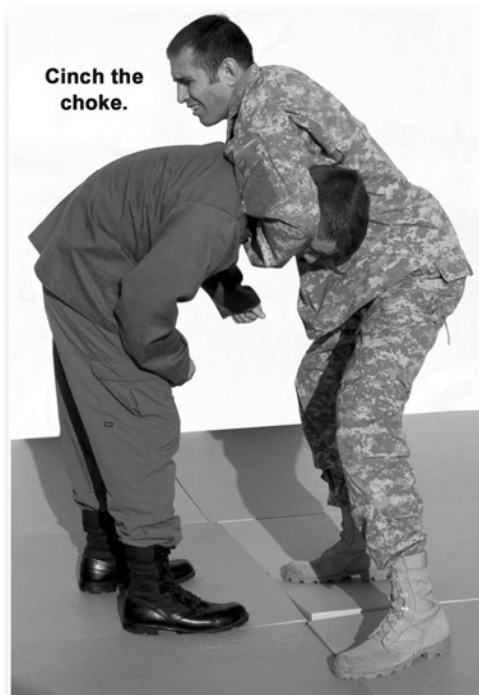


(1) As your opponent charges your legs, direct his head underneath one of your arms, and take a step back.

(2) Wrap your arm around your opponent's head and under his neck.

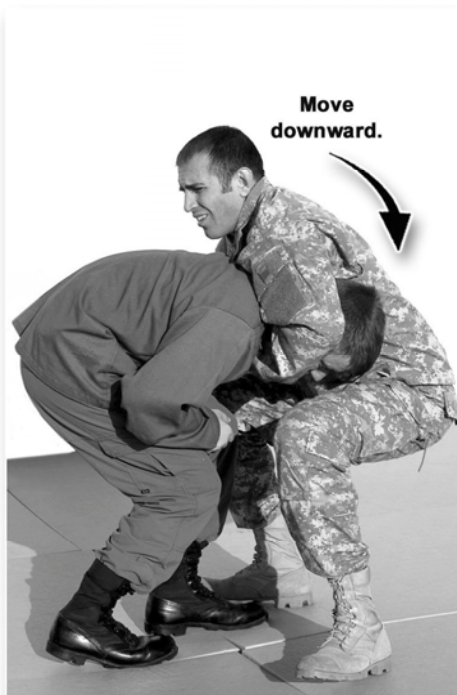
GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE (CONTINUED)



(3) With your other hand, grasp the first hand where a watch would be, ensuring that you have not reached around your opponent's arm. Cinch the choke by bringing your arm further around your opponent's head, improving your grip.

NOTE: Your palm should be facing your own chest.



(4) Sit down.



(5) Place your opponent within your Guard, and finish the choke by pulling with your arms and pushing with your legs.

NOTE: You must lock both legs around your opponent to prevent him from securing a top position. Even with a choke in place, if the opponent can clear your legs and get on top, he will be able to defeat the submission and you will be in a non-dominant position.

GROUND GRAPPLING— BASIC SWEEPS

SCISSORS SWEEP

A fighter can use the Scissors Sweep to reverse positions with his opponent and gain a dominant position.

NOTE: Conduct this technique when your opponent attempts to pass your Guard as you control his arms at the elbows.

As opponent posts leg...



Relax your Guard.



Slide knee inward across opponent's belly.



Hook opponent's waist.



Trap his other leg.



(1) When your opponent posts one of his legs to create space, relax your Guard, and keep your knees tight.

(2) Hang your calf on your opponent's posted leg, and post your opposite shoulder to swing your hips toward his posted leg.

(3) Drive your leg across your opponent's waist like a belt. Use your foot to hook his waist tightly, with your knee lower than the ankle. Position your other leg flat on the ground to trap your opponent's non-posted leg.

GROUND GRAPPLING— BASIC SWEEPS

SCISSORS SWEEP (CONTINUED)



(4) Reach across your body and secure your opponent's collar on the opposite side of his posted leg, maintaining control of the arm on the side you intend to sweep. Extend your body to take your opponent off his base, while pulling him forward by his collar.



(5) Make a scissoring motion with your legs to sweep your opponent over.

NOTE: If your opponent attempts to prevent the sweep by posting his sweep-side arm, sweep the posted arm in the direction of the fingers.



(6) Achieve the Mount.

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a fighter attempts to apply the Straight Arm Bar from the Guard, his opponent will often tuck his head to avoid the Arm Bar. Should this occur, do not abandon the position; simply change the attack to the Sweep from the Attempted Straight Arm Bar.



(1) With the hand that is behind your opponent's thigh, pull his knee as close to your head as possible in order to position your body perpendicular to your opponent.

NOTE: Do not release control of the previously targeted arm.

(2) Swing the leg that was supposed to hook your opponent's head in a big circle, originating from your head following a path to your opponent's far-side leg.

TRAINING INSTRUCTIONS

WARNING

When performing this technique, the fighter being swept must keep his toes in line with or inside of his ankles to prevent injury.

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR (CONTINUED)



(3) With the leg that is hooked under your opponent's armpit, push toward his head so that you will roll right up into the Mount. Use the momentum from the leg that is swinging in a circle to sweep your opponent.

NOTE: Ensure that you tuck your leg to prevent it from being trapped beneath your opponent's body.

CLINCH FIGHTING—ACHIEVE THE CLINCH CLOSE THE DISTANCE

Fighters use Close the Distance when the opponent is within striking range.



(1) Face your opponent, and assume the Fighting Stance just outside of kicking range.



(2) Tuck your chin, and use your arms to cover your head while aggressively closing the distance.

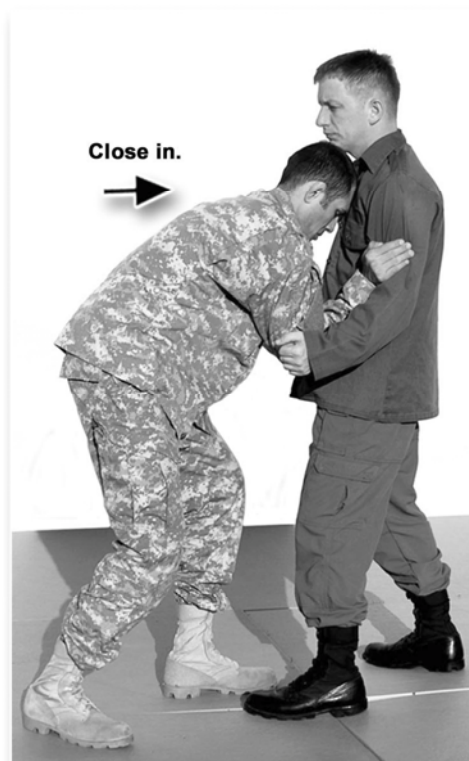


(3) Drive your head into your opponent's chest, and move your cupped hands to your opponent's biceps.

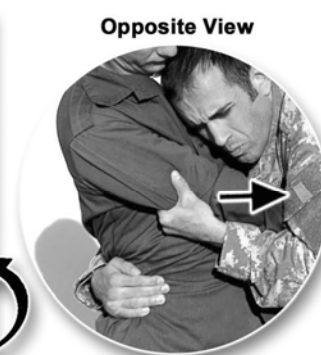
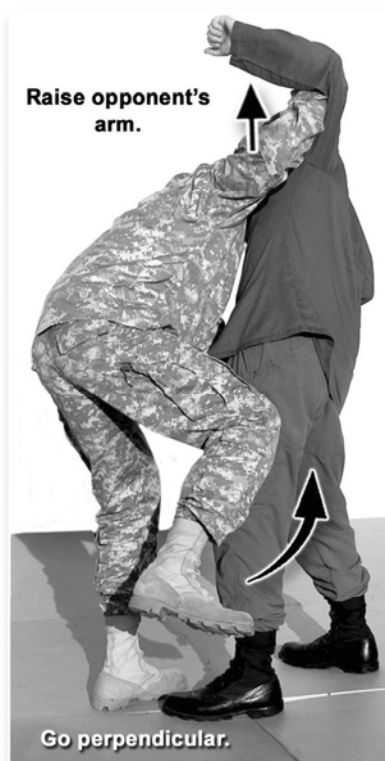
CLINCH FIGHTING—ACHIEVE THE CLINCH

MODIFIED SEATBELT CLINCH

Once the fighter has Closed the Distance, he uses the Modified Seatbelt Clinch to draw his opponent in.



(1) After Closing the Distance with your opponent, raise one of his arms. Move yourself perpendicular to your opponent.



Reach around opponent, grab his hip, and pull his arm into your chest.

(2) Reach around your opponent's waist to grab his opposite-side hip. With your other arm, pull his arm into your chest, controlling his arm at the triceps.

CLINCH FIGHTING—ACHIEVE THE CLINCH

DOUBLE UNDERHOOKS

The fighter uses Double Underhooks when both fighters have an overhook and an underhook grip on each other, with their heads on their overhook sides.



(1) Drive your overhook hand (with a knife edge) under your opponent's underhook arm.



(2) Clasp your hands in a Wrestler's Grip behind your opponent, while keeping head pressure on his chest.

CLINCH FIGHTING—ACHIEVE THE CLINCH

REAR CLINCH

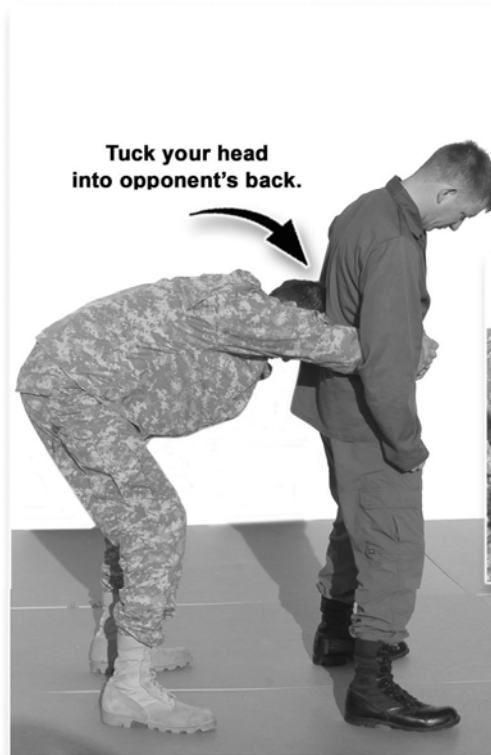
The fighter uses the Rear Clinch when he moves too far as he attempts to achieve the Modified Seatbelt Clinch.



(1) Step behind your opponent.



Move your foot behind
your opponent.



Tuck your head
into opponent's back.

ALTERNATE VIEW



Opposing Thumbs
Grip

(2) Clasp your hands around your opponent's waist in an Opposing Thumbs Grip, and place your forehead in the small of his back to avoid strikes. From this secure position, you can attempt to take the opponent down.

NOTE: Tuck your head into your opponent's lower back to avoid elbows to the head.

CLINCH FIGHTING—BASIC TAKEDOWNS

FRONT TAKEDOWN

The Front Takedown is a simple technique used to throw the opponent off-balance. It allows the fighter to transition from the Modified Seatbelt Clinch to the Mount.



(1) From the Modified Seatbelt Clinch, step slightly in front of your opponent so you can drive him off his leg. Ensure that you keep good head control to drive his upper body backward.



(2) Release your grip on your opponent's elbow, and reach over his arm, keeping it trapped under your overhook armpit. Secure a Wrestler's Grip low on your opponent's side at the hip near the small of his back.



(3) Pull your opponent into you with your hands, and push your upper body and head to make his back arch.



(4) Step over your opponent and release your grip, ending in the Mount.

WARNING

Release your hands to avoid landing on them.

TRAINING INSTRUCTIONS

WARNING

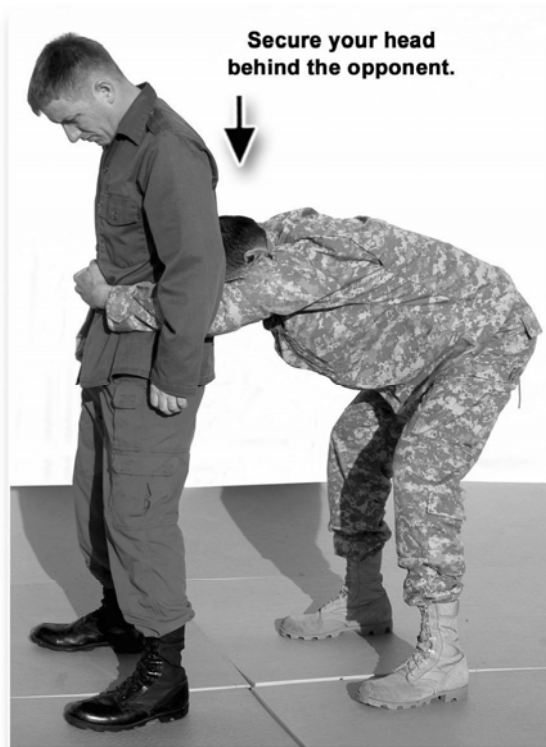
Opponents must not attempt to reach for the ground while being taken down, as this will lead to severe injuries.

CLINCH FIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN

After achieving the clinch, the fighter is often positioned with his head behind his opponent's arm. Once he reaches a secure position, he can attempt to take his opponent down.

NOTE: Conduct this technique when your head is positioned behind your opponent's arm after you have achieved the clinch.



(1) Step to one side so that you are behind your opponent at an angle. Place one foot on the outside of his foot so that your foot is perpendicular to your opponent's.



(2) Place the instep of your other foot behind your opponent's far-side foot so that he cannot step backward.

CLINCH FIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN (CONTINUED)



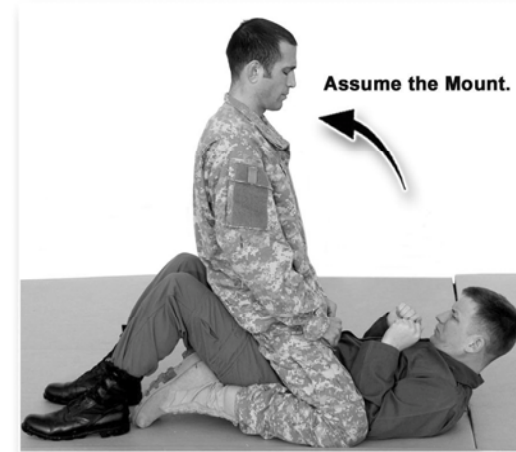
Hang your weight from opponent's waist.

(3) Sit down as close to your other foot as possible, and hang your weight from your opponent's waist.



As your opponent falls, tuck your elbow and release your grip.

(4) The opponent will fall backward over your extended leg. As he does so, tuck your elbow to avoid falling on it, and release your grip.



Assume the Mount.

(5) Rotate into the Mount.

WARNING

Tuck your elbow to avoid landing on it.

TRAINING INSTRUCTIONS

WARNING

Opponents must not attempt to reach for the ground while being taken down, as this will lead to severe injuries.

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Chapter 4

INTERMEDIATE GROUND-FIGHTING TECHNIQUES

Comprehension of the complex intermediate ground-fighting techniques is dependent on a thorough grasp of basic ground-fighting techniques.

SECTION I — INTERMEDIATE FIGHT STRATEGY

The intermediate fight strategy involves adjusting the basic fight strategy taught in Chapter 3 to accommodate the unpredictable and varying nature of operations.

4-1. Through learning the basic combatives techniques taught in Chapter 3, Soldiers are instilled with the basic fight strategy. This is the easiest way to impact Soldiers' fighting ability. However, Soldiers often find themselves in unpredictable situations that span the spectrum of operations. Therefore, Soldiers must be prepared to adjust their fight strategy to fit the situation, rather than making every situation fit the preferred strategy.

4-2. The basic techniques also serve as a blueprint to learning more advanced techniques. Each of the basic techniques represents various techniques that accomplish the same goal. For Soldiers to defeat an opponent by controlling the elements of the fight, they must increase their options by gaining proficiency in a larger group of techniques. This chapter provides Soldiers with these intermediate techniques.

SECTION II — INTERMEDIATE BODY POSITIONING MOVES

Soldiers who have mastered the basic body positioning moves are ready to learn more advanced techniques and moves that exploit common enemy mistakes.

INTERMEDIATE MOUNT/SIDE CONTROL ESCAPES

4-3. While Soldiers often use the basic Arm Trap and Roll to escape the Mount, different scenarios present new options and opportunities.

4-4. Intermediate Mount escapes include—

- Opponent Mounts, Posts Both Arms.
- Arm Around Neck, Post on One Side.
- Larger Opponent Pins Wrist.
- Push the Propped Knee.
- Pull the Propped Knee.
- Defend Against Attempt to Mount Arch.
- Escape the Half-Guard.

ATTACKS FROM SIDE CONTROL

4-5. When learning basic ground-fighting techniques, fighters are primarily limited to attacks designed to achieve the Mount; as fighters become more experienced, they begin to learn new attacks that allow them to remain in Side Control. While in Side Control, the fighter is presented with new options; for example, forcing his opponent to submit.

4-6. Intermediate attacks from Side Control include Reverse Bent Arm Bar from Side Control.

DEFENSE AGAINST HEADLOCKS

4-7. While the Headlock is a very poor technique for anything more than immobilizing an opponent, it is a common technique in actual fighting because this position gives a false sense of security in his ability to finish the fight from this position. Therefore, Soldiers must know how to escape.

4-8. Intermediate defenses against Headlocks include—

- Escape Headlock from the Bottom, Form the Frame.
- Escape the Headlock, Follow the Leg.
- Escape the Headlock, Lift and Turn.
- Escape the Headlock, Block and Lift.
- Escape the Headlock, Arch Over.

PASS THE GUARD

4-9. When a fighter is inside of his opponent's Guard, the opponent can attack the fighter or reverse his position. Therefore, when Passing the Guard, a fighter may need several techniques to counter the moves.

4-10. Intermediate Pass the Guard techniques include—

- Pass the Guard with the Knee in the Tailbone.
- Pass the Guard Under One Leg.
- Pass the Guard Under Both Legs.
- Pass the Guard Near-Side Leg Through.
- Pass the Guard Far-Side Leg Through.

ATTACKS FROM THE MOUNT

4-11. After a fighter achieves the Mount, he can subdue his opponent with punches or incapacitate his opponent. The most efficient way to incapacitate an opponent is to choke him into unconsciousness.

4-12. Intermediate attacks from the Mount include—

- Paper Cutter Choke.
- Nutcracker Choke.
- Leaning Choke.
- Sleeve Choke.

ATTACKS FROM THE REAR MOUNT

4-13. Once a fighter achieves the Rear Mount, keeping it is the most important goal. The Rear Mount provides the fighter all of the advantages of dominant body position, and he can attempt submissions and strikes without fear of losing the dominant body position or of being attacked by his opponent.

4-14. Intermediate attacks from the Rear Mount include—

- Collar Choke.
- Single Wing Choke.
- Straight Arm Bar From Rear Mount.

ATTACKS FROM THE GUARD

4-15. Although the Guard is not an ideal position, a fighter still has offensive options: sweeps, submissions, or even escapes so that the fighter can be in a position equal to that of his opponent. Attacks from the Guard may also catch the opponent by surprise, since he feels secure in his top position.

4-16. Intermediate attacks from the Guard include—

- Triangle Choke.
- Elevator Sweep from the Guard.
- Elevator Sweep from Escape the Mount, Shrimp to the Guard.
- Reverse Bent Arm Bar from the Guard.
- Hip Heist Sweep.
- Guillotine Choke from the Guard.

KNEE MOUNTS

4-17. The Knee Mount is another important dominant body position. A fighter can use the Knee Mount to transition between Side Control and the Mount. During this transition, the fighter can use multiple submissions or place himself in an ideal position to end the fight with strikes.

4-18. Intermediate Knee Mounts include—

- Knee Mount from Side Control.

- Achieve the Knee Mount with Control of the Far-Side Arm.
- Straight Arm Bar from the Knee Mount.
- Leaning Choke from Knee Mount.
- Reverse Bent Arm Bar from the Knee Mount.

LEG ATTACKS

4-19. Although very effective, leg attacks require a fighter to relinquish his dominant body position. While they are not the preferred method of attack, Soldiers must be familiar with them or become easy prey.

4-20. Intermediate leg attacks include—

- Straight Ankle Lock.
- Straight Knee Bar.

SECTION III — CLINCH FIGHTING

If the fighter encounters an opponent that he cannot subdue with strikes or has trouble taking his opponent down, he can use the clinch—the middle range of the fight—to keep from losing the fight. In the clinch, the fighter can use close-quarters strikes, such as knee and elbow strikes, to finish the fight or to set up takedowns.

TAKEDOWNS

4-21. The fighter uses takedowns when he encounters an opponent that he cannot subdue in the strike or clinch ranges. Takedowns allow the fighter to take the fight to the ground and finish there.

4-22. Intermediate takedowns include—

- Drop to Single Leg.
- Superman Double Leg.
- Dump.
- Tree Top.
- Block the Far Knee.
- Hook the Foot.
- Hip Throw.

SECTION IV — GRAPPLING WITH STRIKES

Leaders should not make the common mistake of practicing ground-fighting techniques exclusively; striking is an integral part of all types of fighting. Grappling with open- and closed-fisted strikes forces the fighter to ensure that he has positive control of his opponent's hands, which, in turn, can prevent the fighter's opponent from striking him in the face or using a weapon, such as a knife. It also allows a dominant fighter to set up submission holds or gain a more dominant body position.

CAUTION

When grappling with strikes, ensure that a good safety brief is given emphasizing good sportsmanship and safety.

PASS THE GUARD

4-23. In a real world fight, fighters can use strikes to cause the opponent to relax his Guard or become distracted with protecting himself, creating an opening for the fighter to Pass the Guard.

4-24. Intermediate Pass the Guard with Strikes techniques include—

- Pass the Guard with Strikes.
- Striking from Side Control.
- Defending Against Strikes in the Guard.
 - Close.
 - Middle.
 - Far.

SECTION V — REGAINING THE INITIATIVE

When in a fight, the fighter should seize the initiative immediately to dominate the fight. When a fighter is unable to seize the initiative, he should tackle the equally important task of regaining it. These techniques allow the fighter to escape positions that are less than ideal and gain dominant body position.

DEFENSE AGAINST CHOKES

4-25. In many instances, simply striking an opponent will cause him to loosen a choke; however, if properly applied, some chokes do not provide a suitable opportunity to strike and must be countered directly.

4-26. Intermediate defense against chokes includes Defense Against the Standing Guillotine.

KNEE STRIKES

4-27. For various reasons (i.e., the fighter may be defending against the position, the fighter may have his arm in an odd position, etc.), the opponent may be unable to finish a Standing Guillotine. When this happens, the opponent uses Knee Strikes in an attempt to finish the

fight. The fighter must defend the Knee Strikes, escape the position, and gain a dominant body position.

DEFENSE AGAINST THE STANDING HEADLOCK

4-28. Just as on the ground, an untrained opponent may try to finish the fight with a headlock, a nearly impossible feat since he has neither dominant body position nor the leverage to do so. These techniques allow the fighter to escape the headlock and gain dominant body position.

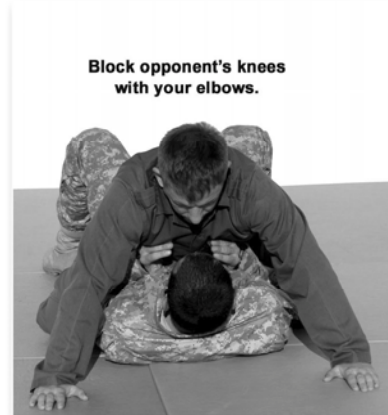
4-29. Intermediate defenses against the Standing Headlock include—

- Defense Against the Standing Headlock, Step In Front.
- Defense Against the Standing Headlock, Step Behind.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

OPPONENT MOUNTS, POSTS BOTH ARMS

When an opponent achieves the Mount, he doesn't always grab the fighter's neck, as was taught in the basic technique. Often, the opponent will spread his arms. If this occurs, the fighter should perform this technique.



(1) Assume a good position, with your elbows blocking your opponent's knees, as in the basic technique.



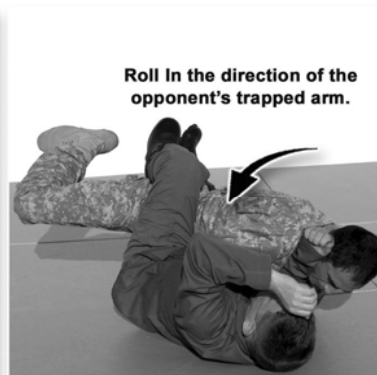
(2) Point your head outside of the targeted arm. Grab your opponent's arm with both hands.



(3) Using a Thumbless Grip, pull the targeted arm into your chest. Trap your opponent's same-side leg.



(4) Lift your hips. Roll your opponent in the direction of the arm that you have trapped.

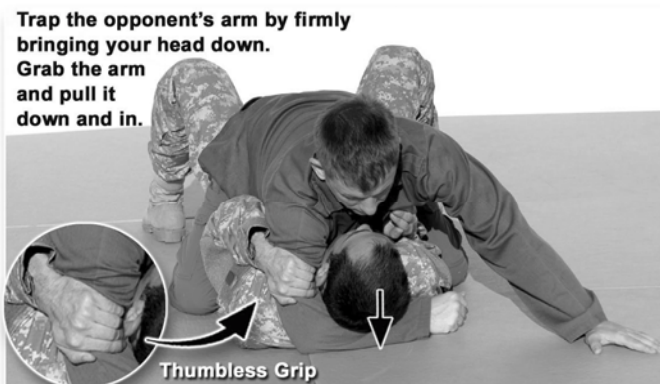


(5) Achieve good posture in the Guard. Control your opponent's arms at the elbows.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ARMS AROUND NECK, POST ON ONE SIDE

When an opponent achieves the Mount, he doesn't always grab the fighter's neck, as was taught in the basic technique. He can also wrap one arm around the fighter's head. If this occurs, the fighter should perform this technique.



(1) Trap the opponent's arm by bringing your head to the ground. With your same-side hand, cup the bicep of his trapped arm with a Thumbless Grip, and pull it in, elbow down and tucked in.



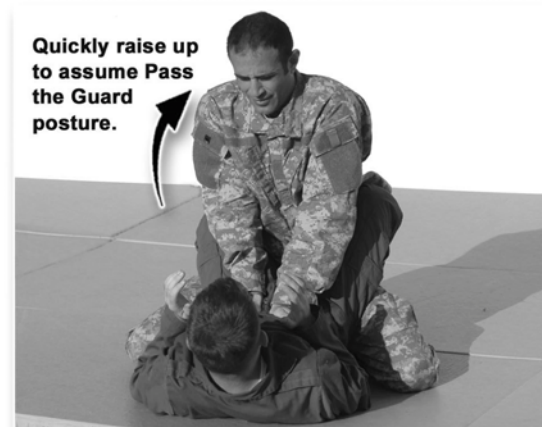
(2) Post the palm of your other hand on your opponent's hipbone.



(3) Trap your opponent's leg on the same side as the trapped arm. Lift your hips.



(4) Roll your opponent over.

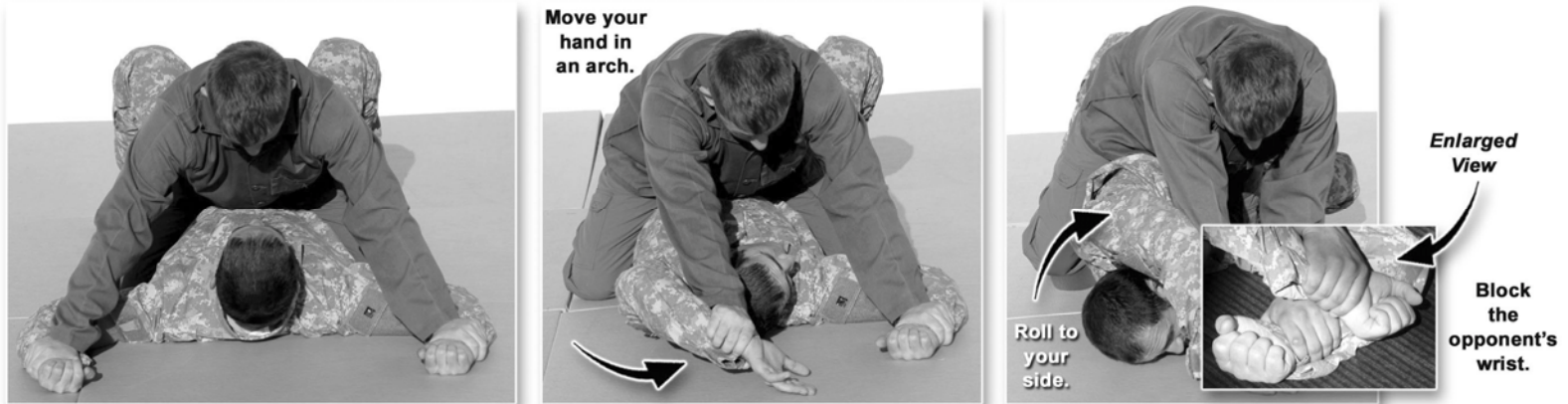


(5) Achieve good posture in the Guard. Control your opponent's arms at the elbows.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

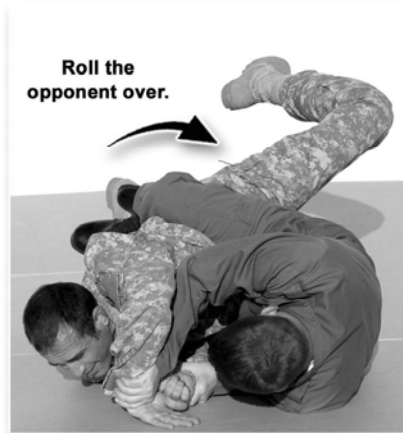
LARGER OPPONENT PINS WRIST

Larger opponents will often pin both of the smaller fighter's wrists to the ground. The smaller fighter cannot defeat this position by lifting his arms; instead, he should perform this technique.

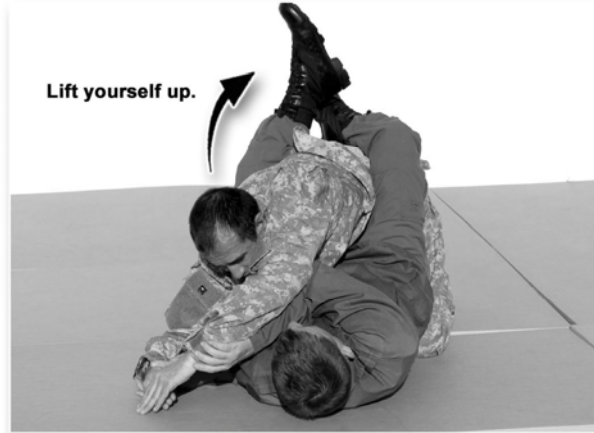


(1) Move one hand to the other in an arch, keeping your hand on the ground. Block your opponent's opposite-side wrist.

(2) Roll to your side, trapping your opponent's leg and blocking his wrist.



(3) Roll your opponent. Lift up and over.



(4) Achieve good posture in the Guard.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PUSH THE PROPPED KNEE

When a fighter attempts the Achieve the Mount technique, his opponent may prop up his near-side knee. If this happens, the fighter should perform Push the Propped Knee.



(1) Achieve Side Control.



(2) Post your hand by your opponent's near-side hip.



(3) Switch your base by sitting your legs through.



(4) Move your arm underneath your opponent's far-side shoulder, and pull up. Push on his knee, moving his top leg on top of his bottom leg.



(5) Drive your knee across your opponent's waist. Hook your foot on his leg.



(6) Release your opponent's leg and shoulder.

(7) As your opponent's spine uncoils, achieve good posture in the Mount.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PULL THE PROPPED KNEE

When a fighter attempts the Achieve the Mount technique, his opponent may prop up his far-side knee. If this happens, the fighter should perform Pull the Propped Knee.



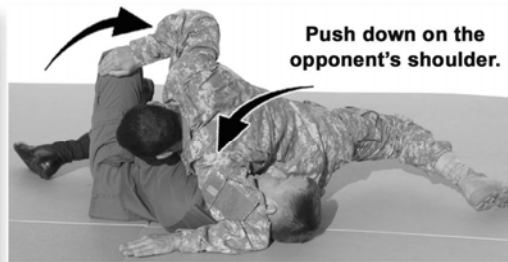
(1) Achieve Side Control.



(2) Post your hand that's closest to the opponent's legs by your opponent's near-side hip.



(3) Switch your base by sitting your legs through.



(4) Push on your opponent's far-side shoulder with your chest. Pull his leg toward the ground.



(5) Step over. Hook your foot inside of your opponent's knee.



(6) As your opponent's spine uncoils, achieve good posture in the Mount.



INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT ARCH

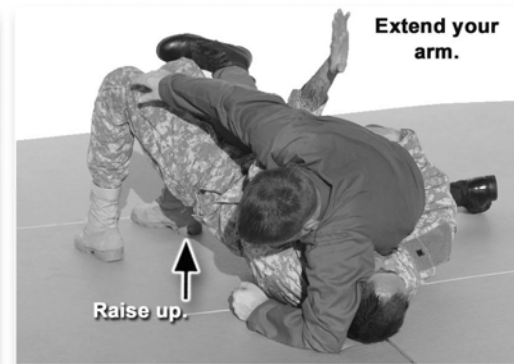
A fighter's opponent may try to achieve the Mount from Side Control using the basic technique. If this happens, the fighter should perform Defend Against Attempt to Mount Arch.



(1) The opponent achieves Side Control.



(2) The opponent posts his hand and switches his base by sitting his legs through. Reach around his back, and cup his hip to block.



(3) As your opponent steps over, raise your hips, arch your back, extend your arm, and pull with the hand that is cupping his hip.



(4) Roll your opponent over, while threading your leg under the posted leg.

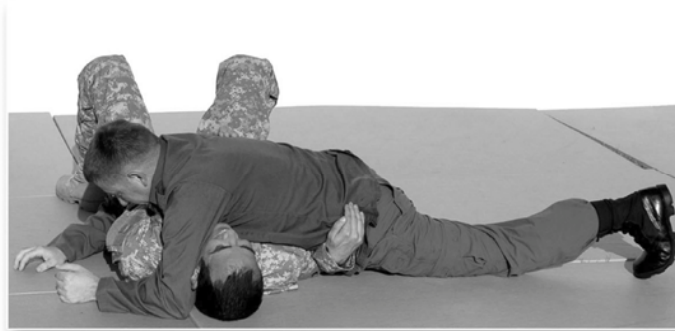


(5) Complete the roll. Achieve good posture in the Guard.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR

A fighter's opponent may try to achieve the Mount by driving his knee across the fighter's waist. This action creates an opening. If this happens, the fighter should perform Defend Against Attempt to Mount Backdoor.



(1) The opponent achieves Side Control.



(2) As your opponent drives his knee across your waist, his weight shifts from his back leg. Lift this leg with your elbow/forearm.



(3) Move your leg under your opponent's leg.



(4) Using a shrimping motion, turn your hip to face your opponent.



(5) Hook your leg on top of your opponent's to prevent him from stepping back over.

NOTE: At this point, your opponent may attempt to center himself. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR (CONTINUED)



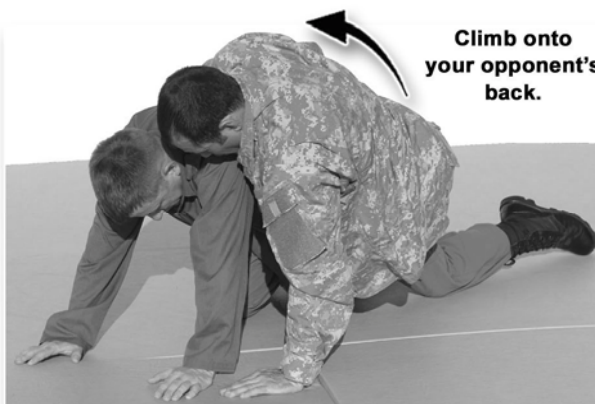
(6) Continue to shrimp your opposite leg out.



(7) Recompose, and achieve good posture in the Guard.



(6) ALTERNATE. Reach over your opponent's back, and grasp his armpit.



(7) ALTERNATE. Post your other hand, and climb onto your opponent's back, putting both hooks in to prevent being bucked off.



INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF-GUARD

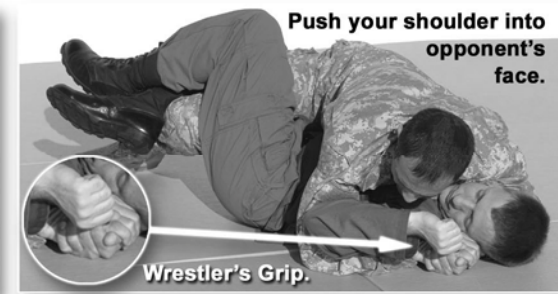
When fighting, an opponent will often capture one of a fighter's legs between his. This position is called the Half-Guard. If this happens, the fighter should perform Escape the Half-Guard.



(1) Reach the arm on the same side as your free leg around your opponent's head.



(2) Move your other arm under your opponent's armpit, and grasp your hands together in a Wrestler's Grip.



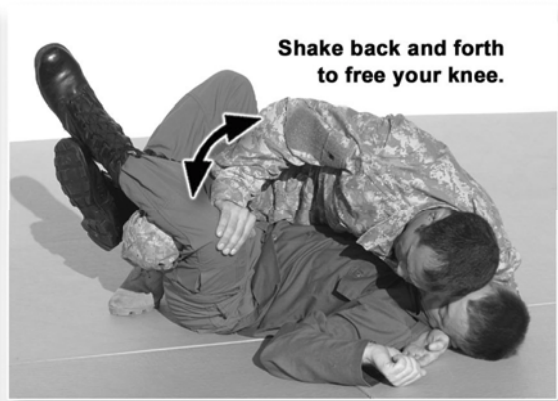
(3) Push your shoulder into your opponent's face to turn him, pushing away from your body.



(4) Using a heel-toe motion, walk your trapped foot toward your opponent's buttocks.



(5) Move your hand to your opponent's knee.



(6) Shake back and forth, and push with your hand to remove your knee from between the opponent's legs.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF-GUARD (CONTINUED)

Drive your knee down.



(7) Drive your free knee to the ground.

Force your hand under opponent's armpit.



(8) Your opponent may attempt to push your knee back through his legs. Reach under your opponent's armpit using your same-side arm.

Walk hand up.



(9) Walk your hand up, moving your opponent's hand from your knee and toward his head.



(10) Keep your opponent flat on his back. Wrap both arms around his arm and head to control them.

Hook your foot.



(11) Bring your back-side foot up, and hook it on top of your opponent's leg.

Pry your feet from between the opponent's legs.



(12) Pry your foot from between your opponent's legs. Achieve good posture in the Mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL

When a fighter has his opponent in Side Control, the opponent may use a far-side underhook to create space and escape this position. The fighter may use the Reverse Bent Arm Bar from Side Control to stop his opponent from escaping while finishing the fight.



(1) Assume Side Control.



(2) Sit through as though you are attempting to Mount.



(3) Secure your opponent's wrist using the Thumb or Thumbless Grip.



(4) Move your other arm from the notch created by your opponent's neck and shoulder (elbow notch), and reach under your opponent's arm to secure a Figure Four above his elbow.



(5) Sit through, using the torque of your body to bring the opponent's arm down and anchor your elbow to his hip.



(6) Bring your leg next to your opponent's head by putting your knee on his hip and sliding it along his body to capture his arm.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL (CONTINUED)



(7) Sit through as if attempting to Mount toward your opponent's head.



(8) Move your back leg over your opponent's head, and place your foot on the ground.



(9) Lean back, and twist your opponent's arm to torque his shoulder.

NOTE: As with any submission technique, apply the Reverse Bent Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME

When the opponent has the fighter in a Headlock, the opponent may raise his head. When this is the case, the fighter may use this technique to escape and finish the fight.



(1) With a short jerky motion, pull your elbow in and turn on your side toward your opponent.



(2) Form the frame under your opponent's chin. Place your top arm under your opponent's jawbone, and rest your top hand comfortably on your wrist as if covering your watch.

NOTE: At this point, your bone structure should be supporting your opponent's weight.



(3) Push with your top leg to move your hips away from your opponent.



(4) Push with the frame, and grasp your opponent's head with both legs.

NOTE: At this point, the opponent may let go of his headlock. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (CONTINUED)



(5) Squeeze your opponent's neck with your legs while holding his near-side arm.



(5) ALTERNATE. Rotate until you are on both knees behind your opponent's back.



(6) ALTERNATE. Use the hand nearest to your opponent's legs to move them out of the way.

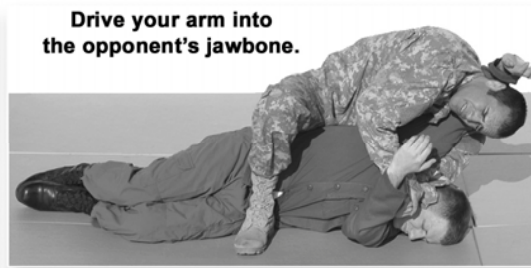


INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

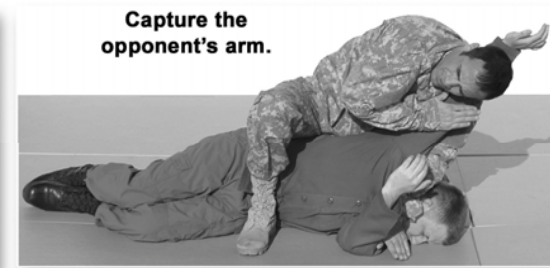
ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (CONTINUED)



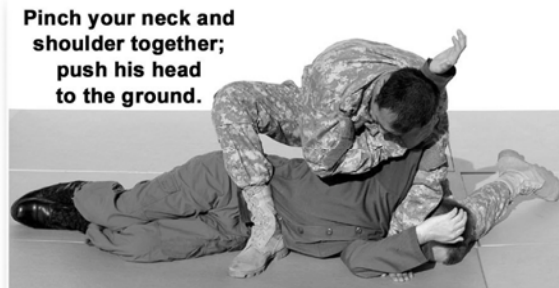
(7) ALTERNATE. Step over, and pull your foot in tight against your opponent's hip.



(8) ALTERNATE. Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.



(9) ALTERNATE. Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(10) ALTERNATE. Point your toe toward your opponent's head. Step over. Pinch your knees together.



(11) ALTERNATE. Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG

A fighter should perform Escape the Headlock, Follow the Leg when he has attempted to Form the Frame, but his opponent's head is tucked tight.



(1) After ensuring that your arm is not captured, feel for your opponent's leg.



(2) Place your leg over your opponent's leg.



(3) Pull your bottom arm free, and place your weight on it. Holding the opponent tightly at his shoulder, crawl over him using your own leg as a guide.

NOTE: At this point, the opponent may or may not roll with you. If he does not roll with you, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)



(4) Use all of your body to apply pressure to your opponent's shoulder. This will break your opponent's grip.



(5) Grasp your opponent's wrist, and bring his arm behind his back.



(6) Pull your head out. This will leave you behind your opponent.



(4) ALTERNATE. Step behind your opponent.



(5) ALTERNATE. Position yourself perpendicular to your opponent.



(6) ALTERNATE. Base out your hands to prevent your opponent from rolling you over.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)



(7) ALTERNATE. Use the hand nearest to your opponent's legs to move them out of the way.



(8) ALTERNATE. Step over, and pull your foot in tight against your opponent's hip.



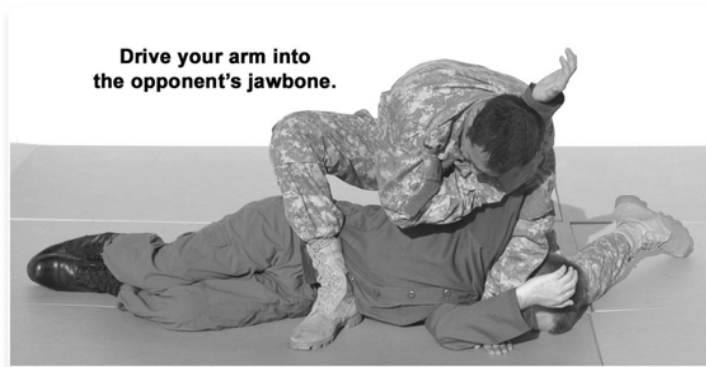
(9) ALTERNATE. Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



NOTE: Pulling your head straight up is less effective and requires more effort than moving toward your opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

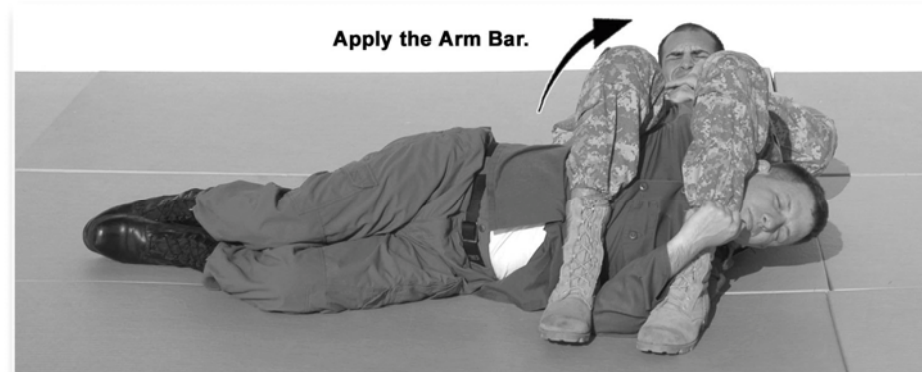
ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)



(10) ALTERNATE. Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(11) ALTERNATE. Point your toe toward your opponent's head. Step over. Pinch your knees together.



(12) ALTERNATE. Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN

The fighter attempts Escape the Headlock, Lift and Turn after his opponent defends against attempts to Form the Frame and Follow the Leg (the opponent tucks his head and legs, respectively).

Cup the opponent's bicep.



(1) Cup your opponent's bicep with your top hand.

Move onto your knees.



(2) Move onto your knees, clear your back-side hand, and establish a good base.



(3) Push your opponent to the other side.



(3) Continued.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN (CONTINUED)



(4) Use the hand nearest to your opponent's legs to move them out of the way.



(5) Step over, and pull your foot in tight against your opponent's hip.



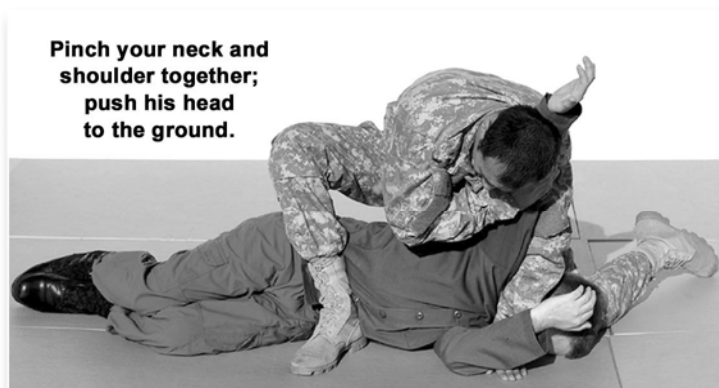
(6) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN (CONTINUED)



(7) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(8) Point your toe toward your opponent's head. Step over. Pinch your knees together.



(9) Finish with an Arm Bar.

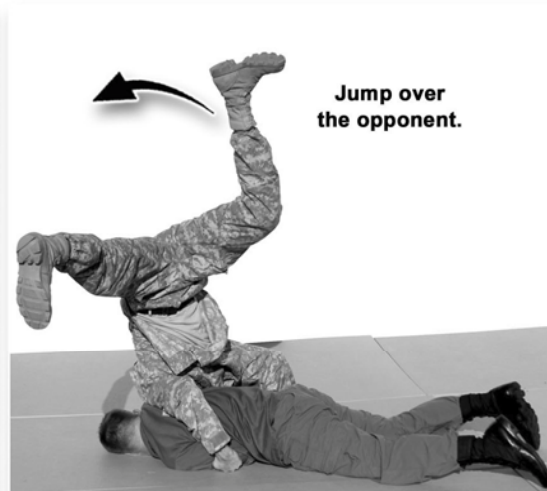
NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS**ESCAPE THE HEADLOCK, BLOCK AND LIFT**

The fighter attempts Escape the Headlock, Block and Lift after the opponent defends against attempts to Escape the Headlock, Lift and Turn by posting his leg to prevent the fighter from moving him onto his back.



(1) Set your opponent back down.



(2) Jump, moving your legs over your opponent's body.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, BLOCK AND LIFT (CONTINUED)



(3) Rotate until you are on both knees behind your opponent's back.



(4) Use the hand nearest to your opponent's legs to move them out of the way.



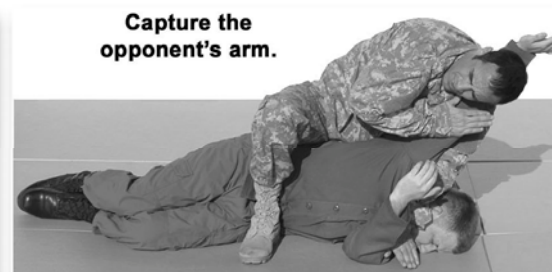
Sweep the opponents's legs out of the way.



(5) Step over, and pull your foot in tight against your opponent's hip.



(6) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.

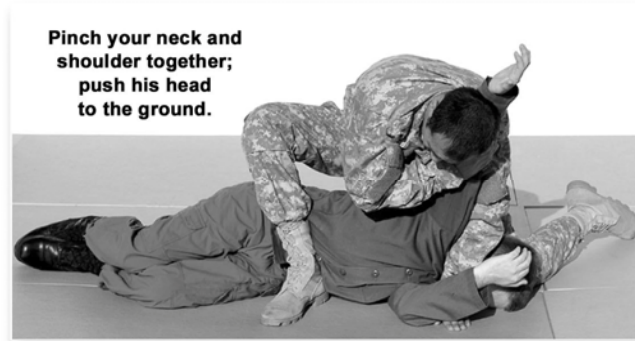


Capture the opponent's arm.

NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

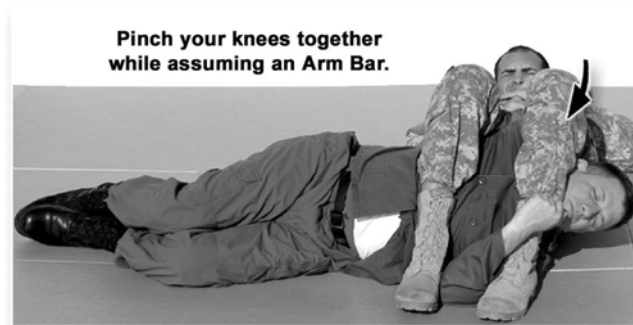
ESCAPE THE HEADLOCK, BLOCK AND LIFT (CONTINUED)



(7) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(8) Point your toe toward your opponent's head. Step over. Pinch your knees together.



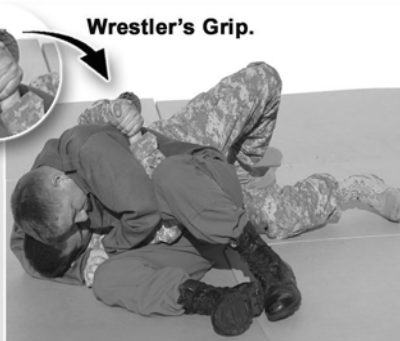
(9) Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER

The fighter uses Escape the Headlock, Arch Over when he cannot free his arm from his opponent's control.



(1) Using a Wrestler's Grip, pull your opponent onto you.



(2) Arch your body, and lift your opponent toward your head.



(3) Rotate your opponent around your head (half-moon), and roll on top of him.

NOTE: The roll must be timed correctly and must be toward your head, not straight over your body.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER(CONTINUED)



(4) Rotate until you are on both knees behind your opponent's back.



(5) Use the hand nearest to your opponent's legs to move them out of the way.



(6) Step over, and pull your foot in tight against your opponent's hip.



(7) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

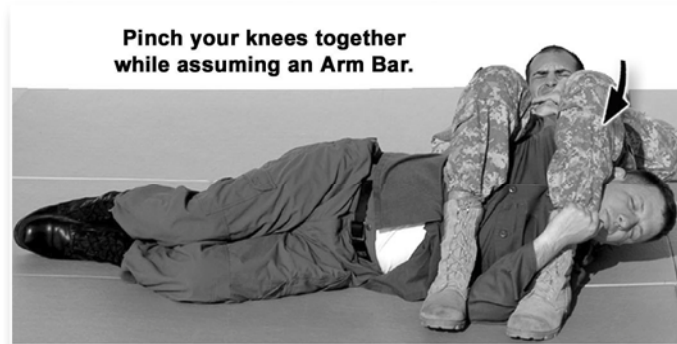
ESCAPE THE HEADLOCK, ARCH OVER (CONTINUED)



(8) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(9) Point your toe toward your opponent's head. Step over. Pinch your knees together.



(10) Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

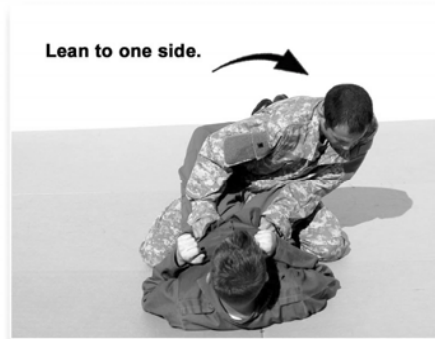
PASS THE GUARD WITH THE KNEE IN THE TAILBONE

Pass the Guard with the Knee in the Tailbone allows the fighter to set up multiple Guard passes that he can choose from depending on how the opponent defends.

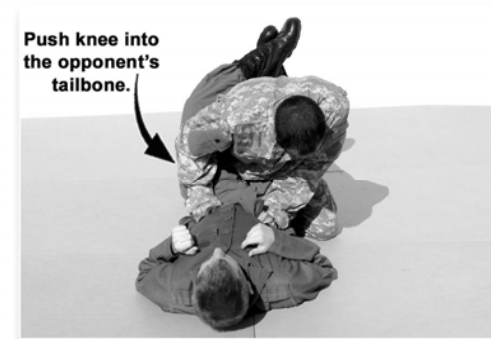


(1) Moving one hand at a time, grasp your opponent at the belt with both hands. Keep pressure on him to prevent him from sitting up.

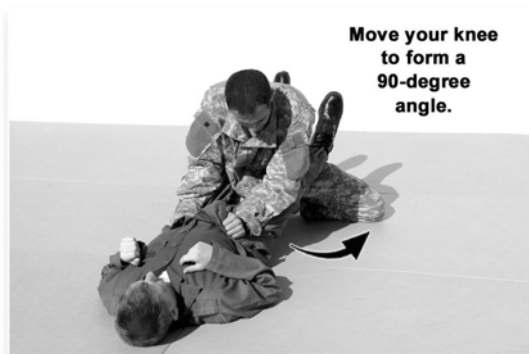
NOTE: Be sure your elbows are in and your head is behind your hands.



(2) While pushing down on your opponent's hips, lean to one side and slide your knee out to prevent him from compromising your balance.



(3) Place one of your knees in your opponent's tailbone.



(4) Push with both hands, and move your other knee away from your opponent to form a 90-degree angle with your legs. This creates more distance between the knee in the tailbone and your hip, forcing your opponent to loosen the grip with his legs.



INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER ONE LEG

Pass the Guard Under One Leg is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) Move your arm under your opponent's open leg, and pull it into your shoulder. Secure his waistband with your opposite-side hand. Bring your knee to the same-side leg.

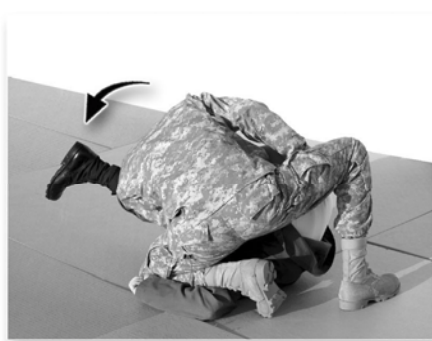


(2) Reach your hand into your opponent's collar, thumb inside.

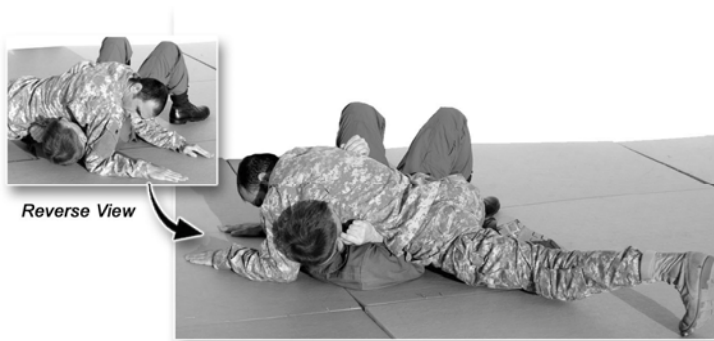


(3) Stack your opponent, pushing his knee straight over his head until you break the grip of his legs. Pull your arm out, and grab his pants at the waist.

NOTE: Keep your head above your opponent's knee.



(4) Let your opponent's leg pass your head.



(5) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good Side Control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS

The fighter uses Pass the Guard Under Both Legs when the opponent defends against attempts to Pass the Guard Under One Leg by putting all of his weight on the leg the fighter is trying to pass under.



(1) When you move your arm under your opponent's open leg, he puts his weight on the leg to prevent the stack. Move your other arm under his other leg.



**Grab the
opponent's pants.**



**Pull the opponent
into your lap.**



**Opposing
Thumb Grip.**

(2) Grab the sides of your opponent's thighs, and pull him into your lap.

(3) Bring your hands around, and secure an Opposing Thumb Grip.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS (CONTINUED)



(4) Hop onto your toes, sprawling your opponent to the stack.



Grip the opponent's collar.

(5) Open your opponent's collar with your same-side hand, while securing a grip on the collar with your opposite-side hand (thumb inside collar).

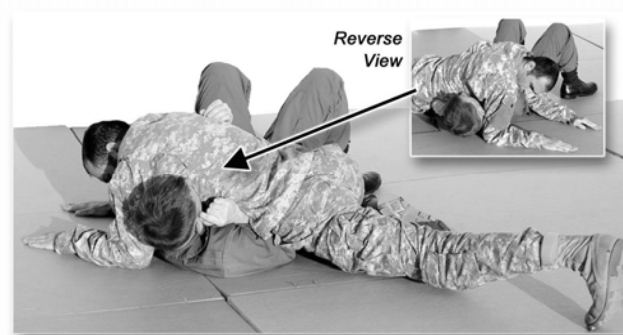


(6) Move your body to position yourself beside your opponent on the same side as your thumb.



Stack the opponent as in Drill #1.

(7) Stack your opponent up, pushing his knee straight over his head until you break the grip of his legs. Release his collar, and grab his pants at the tailbone. Let his leg pass your head.



Reverse View

(8) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good Side Control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR-SIDE LEG THROUGH

Pass the Guard Under One Leg is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.



(2) Slide your near-side leg through, hooking your opponent's leg by putting your knee on the ground and hooking with your foot. When you do this, his foot will come off the ground.



(3) Reach your near-side arm around your opponent's head.



(4) Hook the other leg with your far-side arm.



INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR-SIDE LEG THROUGH (CONTINUED)



(5) Back-step your far-side leg, drop your hips to the ground, and continue to hook your opponent's leg with your near-side foot.



(6) Push your shoulder into your opponent's leg. Clear his legs to get into Side Control.

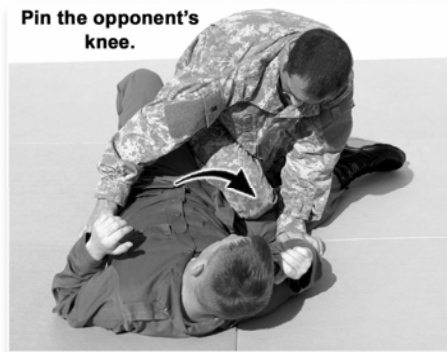
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD FAR-SIDE LEG THROUGH

Pass the Guard Far-Side Leg Through is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.



(2) Slide your opposite-side knee over, pinning your opponent's knee to the ground.



(3) Slide your same-side hand under your opponent's armpit on the back-side. Secure a grip on his near-side arm at the elbow, and pull it up. Step over with your non-pinning leg.



(4) Sit through.



(5) Switch to Side Control.

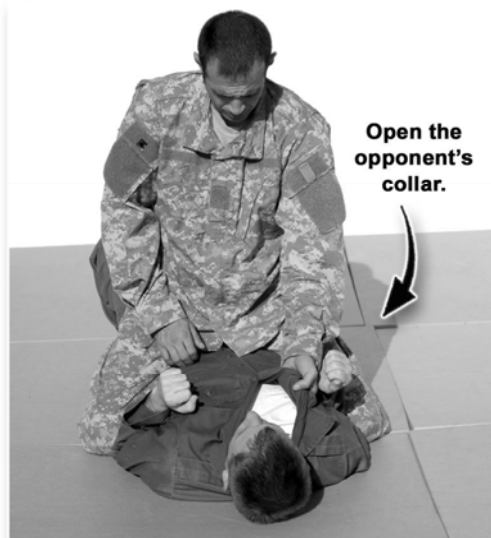
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE

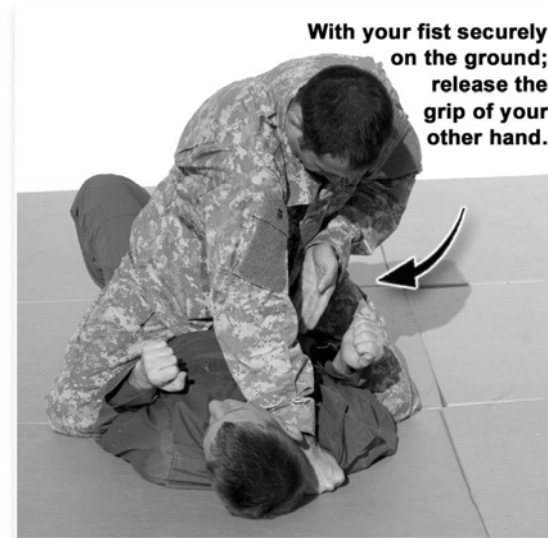
When in the Mount, choking the opponent is the best way to finish the fight. This choke is used when the opponent is wearing a shirt with a collar, but may be defending one side of his neck.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Open your opponent's collar with your non-dominant hand. With your dominant hand, reach deep into the collar thumb first, securing a firm grip and placing your fist on the ground.



(2) Release the grip of your other hand.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT PAPERCUTTER CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Reach under your arm, and grasp the opposite side of your opponent's collar, pulling it tight against the back of his neck.



(4) Drive your elbow across your opponent's neck and pull toward yourself to complete the choke.

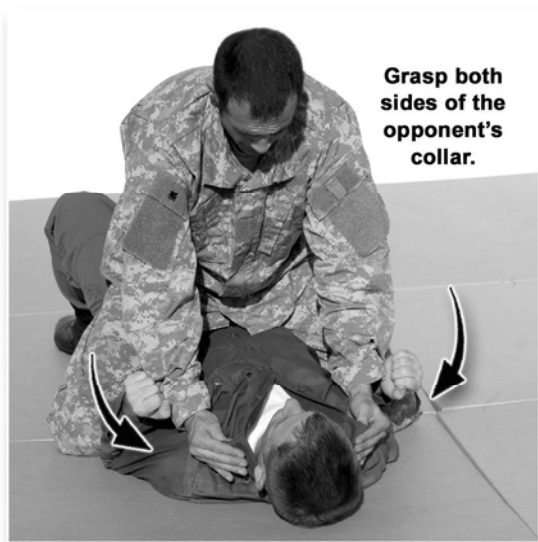
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

NUTCRACKER CHOKE

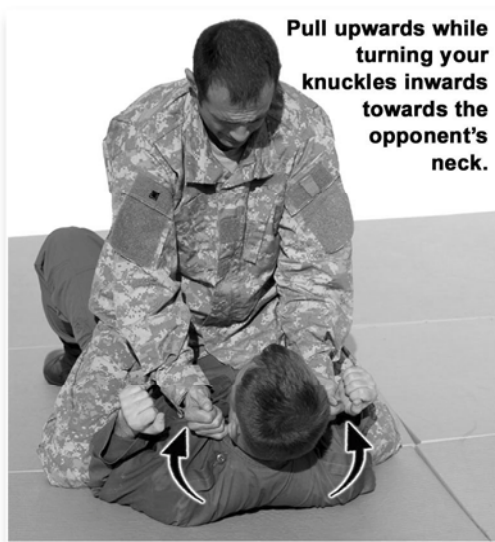
The fighter uses this choke when his opponent is wearing a shirt with a collar, but is not defending his neck for a choke.

WARNING

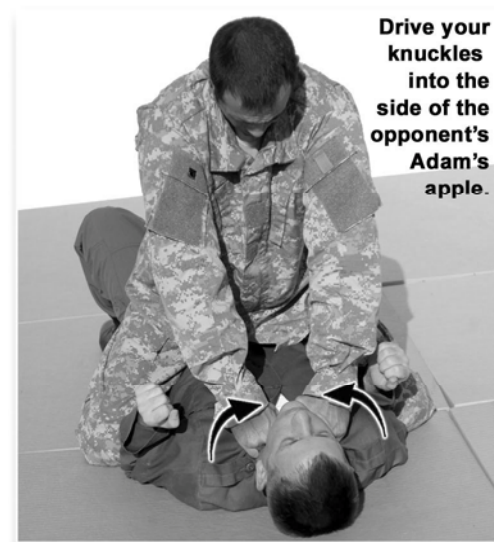
For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Grasp your opponent's collar with both hands at the sides of his neck. Point your knuckles in against his neck.



(2) Pull up with both hands and, with your pinkies acting as a pivot, drive both pointer finger knuckles into your opponent's neck on either side of his Adam's apple.



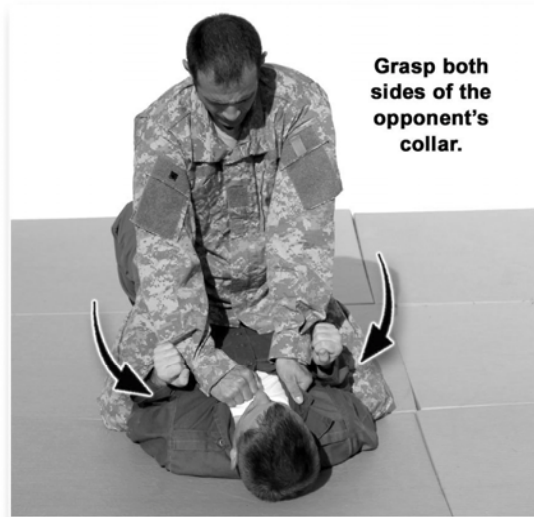
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

LEANING CHOKE

When in the Mount, the fighter may use the Leaning Choke to finish the fight.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Grasp both sides of your opponent's collar, pinkies down. Your knuckles should be pointed inward, and there should be three or four inches of slack.



(2) Drive one side of your opponent's collar across his neck so that your pinky knuckle is positioned just past his Adam's apple.



(3) Pull your other hand tight, and lean into the choke. Drive this hand into your opponent's neck.

CAUTION

Keep the arm applying the choke bent to prevent arm injury.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE

Unlike other choking techniques, the Sleeve Choke does not require the opponent to wear a shirt with a collar. This choke uses the fighter's own sleeve to choke the opponent and finish the fight.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Reach one arm underneath your opponent's head.



(2) Reach into your other sleeve, and secure a tight grip.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT SLEEVE CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Make a fist with your free hand, and pull it across your opponent's neck.



(4) Straighten your arms to finish the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

COLLAR CHOKE

When in Rear Mount, choking your opponent is the most preferred method of finishing the fight. The Collar Choke is one technique that the fighter may use to do so.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Grasp your opponent's collar with your hand in his armpit. Pull it open, and insert the thumb of your other hand deep into his collar. Secure a firm grip.

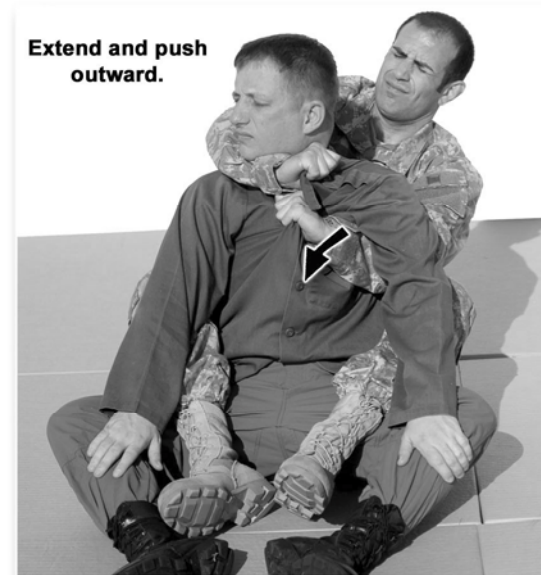
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT COLLAR CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Grasp your opponent's lapel with the hand that was under his armpit. Pull down to tighten his collar against the back of his neck.



(4) Extend your arms and push outward with both hands to set the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

SINGLE WING CHOKE

When attempting the Collar Choke, the opponent may block the fighter from reaching for his far-side lapel. If this happens, the fighter may finish using the Single Wing Choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Open your opponent's collar, and secure a grip inside.



(2) With the hand that is under your opponent's armpit, pull his arm out at the elbow.

NOTE: Keep the hand away from the armpit, and don't lose control of the elbow.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT SINGLE WING CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Pull your opponent's arm away from his body, and raise his arm.



(4) Bring your hand behind your opponent's head, and finish the choke by pushing out with both hands.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT

After the opponent defends both the Collar Choke and the Single Wing Choke, the fighter may use this technique as an alternative to choking his opponent. Although it is not the most preferred method of finishing the fight, it allows the fighter to break the opponent's arm from the Rear Mount.



(1) Push your arm under your opponent's armpit. Pull the other arm around your opponent's neck.



(2) Reach through with the underhook and grab your opponent's shoulder, trapping it.



(3) Pull your opponent backward, with your leg across his belt line.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT STRAIGHT ARM BAR FROM THE REAR MOUNT (CONTINUED)



(3) With the palm of your other hand, push your opponent's head away.



(4) Step over your opponent's head with your leg. Break your opponent's grip by pushing with your legs and extending your body.



(5) Finish with the Straight Arm Bar.

NOTE: As with any submission technique, apply the Straight Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

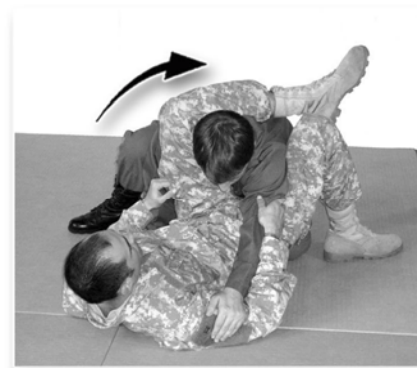
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

TRIANGLE CHOKE

If an opponent gets his hand through and begins to Pass a fighter's Guard, a fighter can still apply the Triangle Choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Post your leg on the ground and turn your body perpendicular to your opponent's. Loop your leg around the back of his neck. Lift your hips, and pull his arm across.



INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD TRIANGLE CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(2) Place the inside of your knee over your own foot. You may assist yourself by grasping your shin with your hand.



(3) Place both of your hands on the back of your opponent's head, and push upward with your hips.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION ONE)

As the opponent attempts to pass the fighter's Guard, he may place his hands between the fighter's legs. If this occurs, the fighter can apply this technique to gain dominant position.



(1) When your opponent Passes the Guard, he will post his arm between your legs and on the ground.



(2) Secure his posting arm at the wrist with your near-side hand.



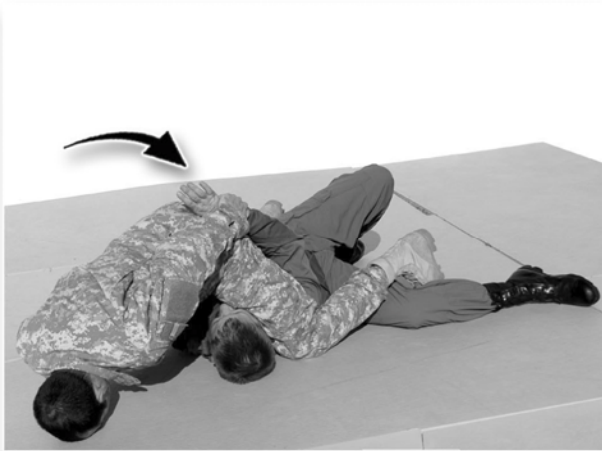
(3) Move your same-side foot like a windshield wiper, and plant your foot firmly under your opponent's leg. Post your opposite-side knee on the ground, and move your hip out.



INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM THE GUARD (OPTION ONE) (CONTINUED)



(4) Lift his leg, and scissor his bottom leg backward.



(5) Roll over to the Mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO)

As the opponent attempts to pass the fighter's Guard, he may control the fighter's arms at the bicep. If this occurs, the fighter can apply this technique to gain dominant position.



(1) Attempt to Scissor Sweep.



(2) Once your leg is across your opponent's belt line, your opponent sets his weight on your leg.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM THE GUARD (OPTION TWO) (CONTINUED)



(3) Straighten your leg to free your knee.



(4) Circle your foot around, hooking the underside of your opponent's leg.



(5) Lift your opponent's leg, while scissoring your bottom leg.



(6) Roll over to the Mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO THE GUARD

As in basic body positioning moves, when the opponent defends the Arm Trap and Roll by posting his leg, the fighter needs to shrimp out from under him. Instead of assuming the Guard, the fighter can use this technique to gain a more dominant body position.



(1) Attempt to use Escape the Mount, Shrimp to the Guard.



(2) Once you have positioned one leg between your opponent's legs and one leg out, shrimp toward the leg you have hooked to escape your opponent's hips. Control your opponent's elbow with one hand.

(3) Secure your opponent's opposite-side collar with your other hand.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO THE GUARD (CONTINUED)



(4) Lift your leg; at the same time, scissor the bottom leg backward.



(5) Roll into the Mount.

NOTE: You can also bring the foot up from the bottom leg, kick your opponent's knee, and lift with your other leg to roll him over.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

REVERSE BENT ARM BAR FROM THE GUARD

While in the Guard, the opponent may place his hands on the ground. When this occurs, the fighter can perform the Reverse Bent Arm from the Guard to force his opponent to submit.



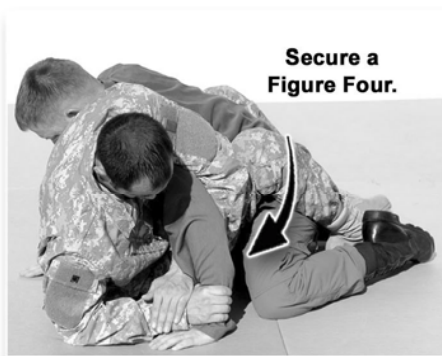
(1) Your opponent is in the Guard, posting both hands on the ground.



(2) Slide your body back, and secure a Thumb Grip on your opponent's wrist. Open your legs, but keep your knees pressed tightly together.



(3) Sit up.



(4) Reach over your opponent's arm to secure a Figure Four using Thumbless Grips.



(5) If there is room, lace your near-side leg over your opponent's leg. Fall back to the ground.



(6) Push your hips to the same side. Move your leg on top of your opponent's back. Keep your opponent's elbow tight to your chest, and turn your body to apply pressure to his shoulder.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

HIP HEIST SWEEP

This technique can be used in conjunction with the Reverse Bent Arm Bar or if the opponent sits high in the fighter's Guard.



(1) Your opponent is in the Guard, sitting back. Open your legs, but keep your knees pressed tightly together.



(2) Forcefully sit up, and post one hand. Reach the other arm across your opponent's body and over his arm.



(3) Secure a Thumb Grip at your opponent's elbow. Post the foot opposite your posted hand.

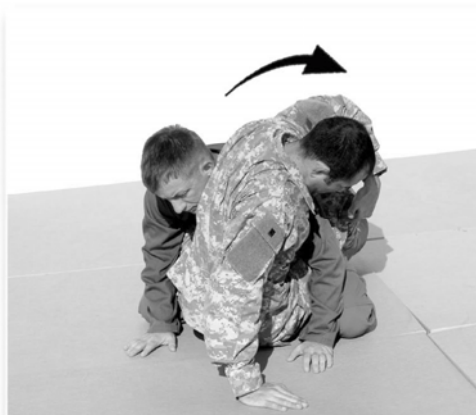


(4) Lift your hips. Roll over your opponent's leg and into the Mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

GUILLOTINE CHOKE FROM THE GUARD

This technique can be used in conjunction with the Hip Heist if the opponent defends by driving into the fighter.



(1) Attempt the Hip Heist Sweep.



NOTE: If your opponent hugs your body to drive you back to the ground, open your legs and scoot your hips back to allow space for the choke.



(2) Reach your arm around your opponent's neck, palm facing toward your body.



(3) Secure a grip on your wrist (where your watch would be) with your other hand. Lift up to secure the choke.

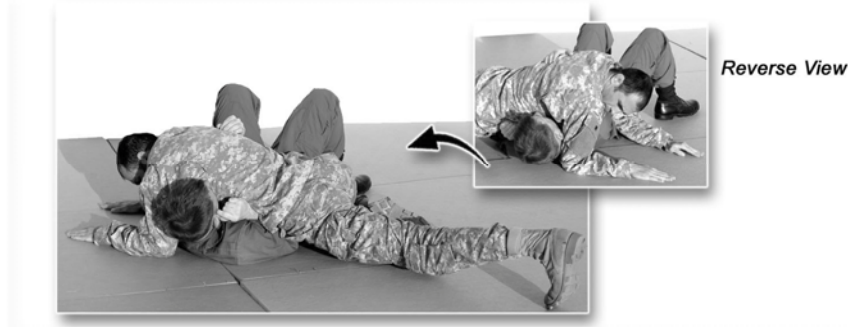


(4) Sit back, locking the Guard. Arch your back, and pull to finish the choke.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

KNEE MOUNT FROM SIDE CONTROL

Knee Mount is used as a transitional position between Side Control and Mount. The fighter can also use this position to apply multiple submissions or to finish the fight with strikes.



(1) Achieve Side Control.



(2) With the hand closest to your opponent's head, grasp his collar on either side.



(3) With your other hand, grasp your opponent's belt or uniform over his hip.



(4) Push up with both hands. With one swift movement, post your head-side leg beyond the opponent's reach, and drive your other shin across his torso.

NOTE: Hook your foot inside of his hip so that there is no space for him to reach in between. Keep your hips set forward to maintain balance.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

NEAR-SIDE ARM BAR FROM THE KNEE MOUNT

When in the Knee Mount, the opponent may try to push the fighter away with his near-side hand. If this occurs, the fighter should use this technique.



(1) Achieve the Knee Mount.

NOTE: If your opponent pushes up with his near-side arm, grasp it at the elbow with your arm closest to the opponent's head.



(2) Step over your opponent's head with your same-side leg. Sit down as close to his shoulder as possible.



(3) Lay back into the Straight Arm Bar.

- NOTES:**
1. You may need to twist slightly toward your opponent's legs to prevent him from rolling out of the technique. You do not need to bring your other leg across his body.
 2. As with any submission technique, apply the Straight Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

REVERSE BENT ARM BAR FROM THE KNEE MOUNT

When the fighter has his opponent in the Knee Mount, the opponent may try to push the fighter's knee off and roll toward the fighter. If this occurs, the fighter should use this technique.



(1) Achieve the Knee Mount.

NOTE: If the opponent tries to push your knee off, grasp his wrist with the hand closest to his legs.



(2) Move your knee off of your opponent's chest. Reach over his arm with the other hand, grasping your own wrist.



(3) Wrap your other hand completely around your opponent's arm.



(4) Position your opponent's head between your knees, and pull him onto his side.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

REVERSE BENT ARM BAR FROM THE KNEE MOUNT (CONTINUED)



(5) Break your opponent's grip by pulling his arm quickly toward his head.

NOTE: Keep your opponent's elbow tight to your chest to keep him from escaping.



(6) Place your knee or same-side foot in the small of your opponent's back, and break his shoulder by rotating your torso toward his back.

NOTE: As with any submission technique, apply the Reverse Bent Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT ANKLE LOCK

Another way to finish the fight is by using Leg Attacks. This technique is good to use when the opponents foot gets caught in the fighters arm pit.

NOTE: As with any submission technique, apply the Straight Ankle Lock using slow, steady pressure, and release as soon as your training partner taps.



(1) When you are trying to pass the opponent's open Guard, you may catch his foot in your armpit. Wrap your arm around his leg. Squat down, ensuring that your opposite-side knee is positioned between his legs. Push away from your opponent. Allow his leg to slide through your grip until you are holding his ankle.



(2) Push your opponent's torso back with your outside foot, preventing him from sitting up to counter the lock. Form a Figure Four, and finish the break by arching your back.

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT KNEE BAR

This technique can be used in conjunction with the Straight Ankle Lock. The fighter can apply it when the opponent tries to free his leg by pulling it out of the fighter's armpit.

NOTE: As with any submission technique, apply the Straight Knee Bar using slow, steady pressure, and release as soon as your training partner taps.



(1) With your opponent on his back, control one of his legs.



(2) Slide your knee across your opponent's thigh to the ground. Keep your same-side foot hooked into your opponent's hip.



INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT KNEE BAR (CONTINUED)



(3) Transition your body to isolate your opponent's leg. Keep your hips as close to the opponent's as possible, and lock your legs behind his buttocks.



(4) Break your opponent's knee with hip pressure, just as in a Straight Arm Bar. You may also place his leg into your armpit to increase the pressure, or switch to a Figure Four.

NOTE: As with any submission technique, apply the Straight Knee Bar using slow, steady pressure, and release as soon as your training partner taps.



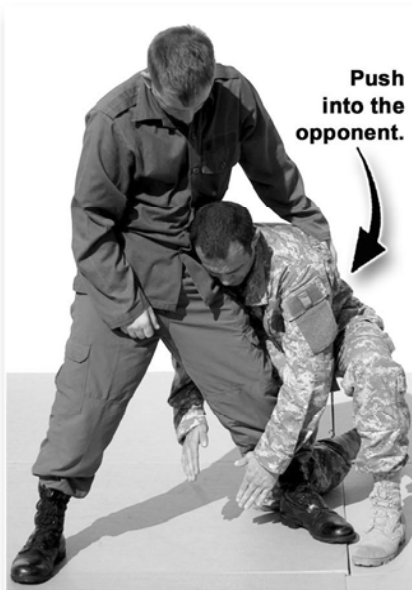
CLINCH FIGHTING—TAKEDOWNS

DROP TO SINGLE LEG

As a fighter achieves the clinch, one of his options could be to take the opponent to the ground. This technique is used to set up various takedowns.



(1) Achieve a Modified Seat Belt Clinch.



(2) When your opponent steps back with far leg, drop to one knee with your back-side leg. Keep your head up and pushing into your opponent.



(3) Capture your opponent's heel with your front hand. Wrap your back hand around his leg and secure your own hand at the wrist.



(4) Drive into your opponent. Raise his leg, and pull it between your legs.

CLINCH FIGHTING—TAKEDOWNS

SUPERMAN DOUBLE LEG

This technique is used in conjunction with the Drop to the Single Leg. It is executed when the opponent's leg gets trapped between the fighter's legs.



(1) Attack one of your opponent's legs. With the opponent's leg between your legs, pinch your knees together to trap his leg.



(2) Jump backward to spread your opponent's legs.



(3) Jump forward, capturing your opponent's far-side leg with both hands and pulling him to the ground.



CLINCH FIGHTING—TAKEDOWNS

DUMP

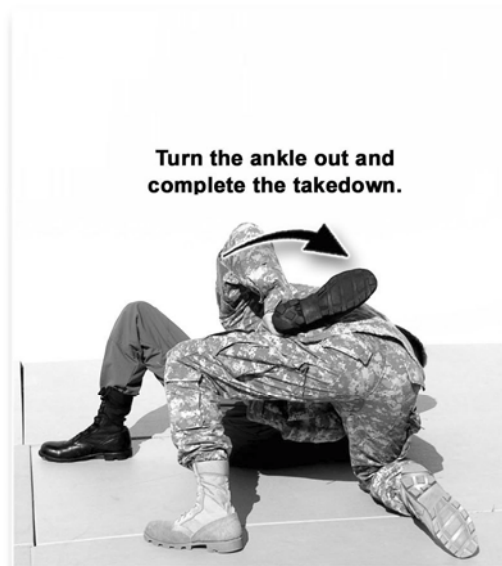
This technique is used in conjunction with the Drop to the Single Leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



(1) Attack one of your opponent's legs. Place your shoulder tight against your opponent's thigh and your head on his hip. Secure his heel with your front hand, and cup his leg with your back hand.



(2) Take a short step in front of your opponent, and pull his leg with your arm. Then, push his leg with your head while turning his ankle out. Step back, and drop to one knee for the takedown.



CLINCH FIGHTING—TAKEDOWNS

TREE TOP

This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



(1) Attack one of your opponent's legs. Place your head on your opponent's hip. Secure his heel with your front hand, and cup his leg with the back hand.



(2) Lift your opponent's leg with your knee. Move your rear hand to secure his leg using a Thumb Grip.



(3) Pull your opponent's leg away from his body.



(4) As your opponent hops, lift his leg skyward for the takedown.



CLINCH FIGHTING—TAKEDOWNS

BLOCK THE FAR KNEE

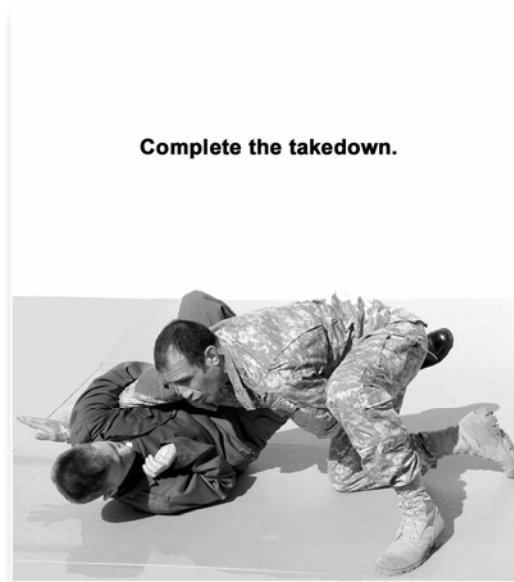
This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



(1) Attack one of your opponent's legs. Reach your rear hand around and underneath his leg. Secure a Wrestler's Grip with your front hand, rear hand on top. Grasp your wrist where your watch would be.



(2) Bring your hips in, and block your opponent's far-side knee with your front hand. At the same time, drive your rear arm under your opponent's armpit for the takedown.



CLINCH FIGHTING—TAKEDOWNS

HOOK THE FOOT

This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



(1) Reach your rear hand underneath your opponent's leg. Secure a Wrestler's Grip with your front hand, rear hand on top.



(2) Bring your hips in. Step in with your front foot to get closer to your opponent's back leg.



(3) Hook behind your opponent's leg for the takedown.

CLINCH FIGHTING—TAKEDOWNS

HIP THROW

Often, an opponent may attempt to avoid the Modified Seatbelt Clinch by stepping away from the fighter. When this occurs, the fighter may perform the Hip Throw. The fighter may also choose to perform the Hip Throw from the Modified Seatbelt Clinch.



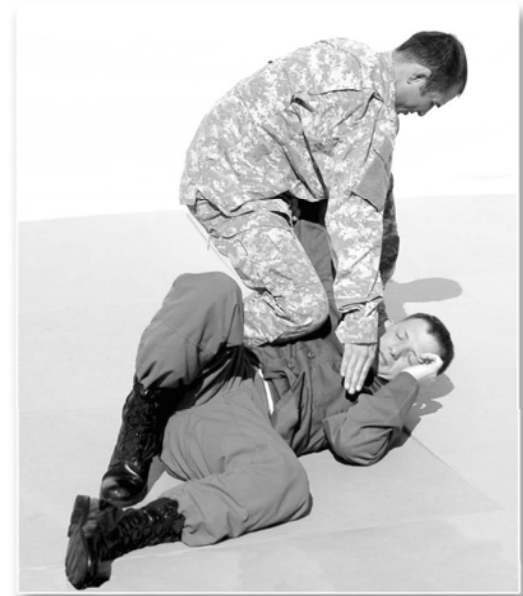
(1) Your opponent steps back with his near leg, creating a space to step through. Keep a secure hold on his arm, and relax under his hooked arm.



(2) Step through the opening with your back foot. Slide your hip through the opening. Move your hooked arm up. Form a V with your heels.

CLINCH FIGHTING—TAKEDOWNS

HIP THROW (CONTINUED)

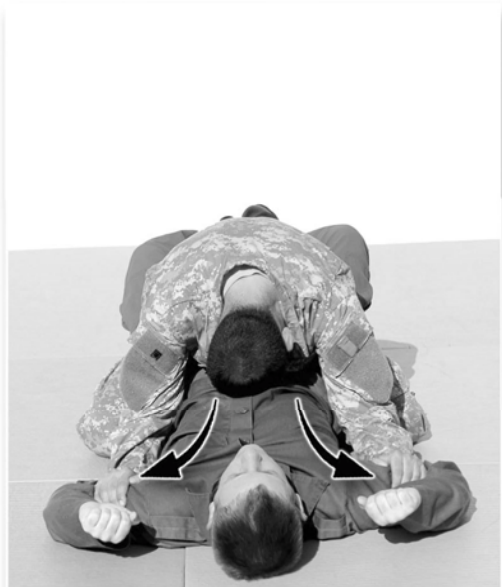


(3) Lift your hips, extend your legs, rotate your body to throw your opponent.

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES

When a fighter is in an opponents guard, he may find that it is difficult to pass because of the opponent's ability to defend. Strikes are a good way to "soften" the opponent up, or distract him long enough to allow the fighter to pass.



(1) Keeping your head close to the opponent's chest, drive both hands up the center of his body and then out to control his arms at the biceps.



(2) Give the opponent a couple of headbutts.

CAUTION

Do not give headbutts with the center of the forehead. This could result in injuring your own nose.



(3) Stand up one leg at a time, and change your grip to one hand on the jacket. Push your hips slightly forward.

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (CONTINUED)



(4) With your free hand, strike the opponent a couple of times in the head.

NOTE: At this point, the opponent may release the grip with his legs. If he does not, refer to the alternate course of action (indicated by ALTERNATE).



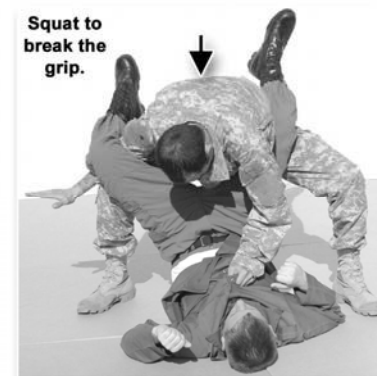
(5) Press inward with your knees. This will cause your opponent's legs to stick out so that you can reach behind one of them.



(6) Secure opposite collar, rotate same-side knee down and rear knee up.

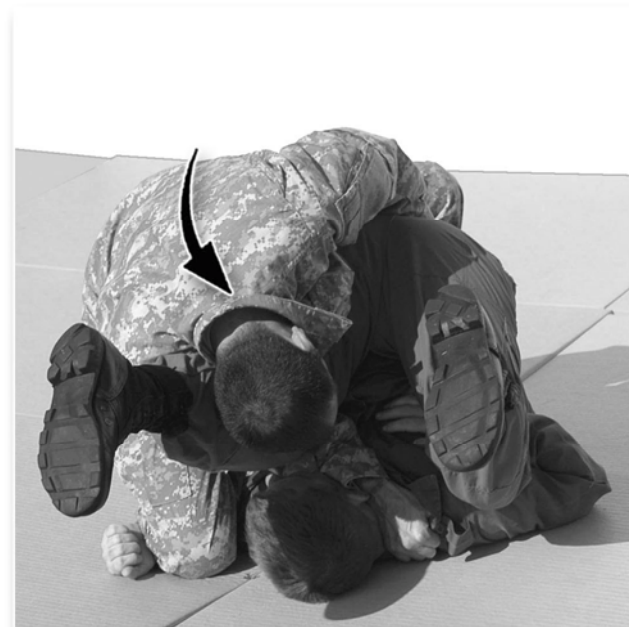


(5) ALTERNATE. While your opponent is distracted by your strikes, step back with one leg, and push your hand through the opening.



(6) ALTERNATE. Place your hand on your own knee, and squat to break the grip of his legs. Gain control of the opponent's leg, and pass normally.

GRAPPLING WITH STRIKES—PASS THE GUARD
PASS THE GUARD WITH STRIKES (CONTINUED)



(7) Pass normally.

GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking From Side Control enables the fighter to improve his position or create an opening for a better attack.



(1) Keeping your head low so that the opponent will not be able to knee you in the head, move the hand that is closest to your opponent's legs into his armpit.



Slide your hand into the opponent's armpit.



(2) Move your other arm around your opponent's head, and clasp your hands together. Lean your shoulder into his chin to keep it pointed away from you. This will make it more difficult for him to turn his body toward you to regain the Guard.



Raise yourself to your knees and push your knees tightly into the opponent's side under his arms.



(3) Trace your opponent's body with your knee to raise his arm until the arm is pinched between his head and your knee. This clears the way for knee strikes.

GRAPPLING WITH STRIKES—PASS THE GUARD STRIKING FROM SIDE CONTROL (CONTINUED)



(4) Point the toes of your other foot skyward, drive your knee into your opponent's ribs.

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

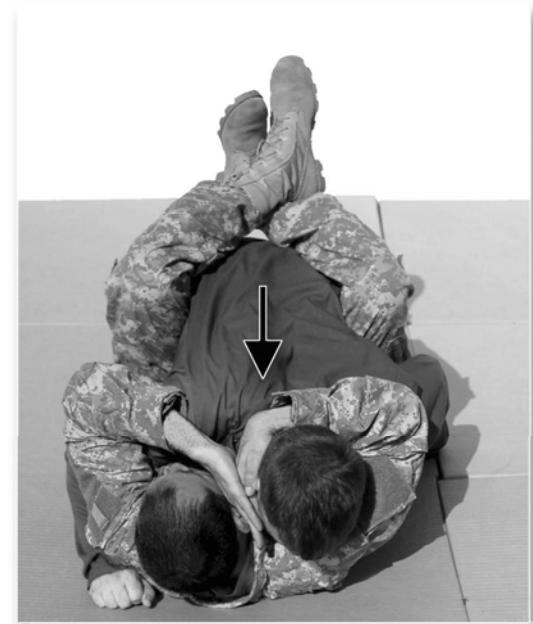
NOTE: Conduct this technique when your opponent attempts to punch from within your Guard.



(1) Move both hands through the middle.

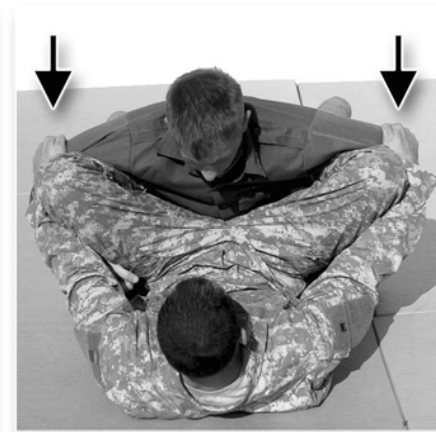


(2) Pull your opponent down.



NOTE: Use one hand to pull, and the other to push his head to avoid headbutts. Tuck your head in. Avoid punches with your elbow.

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE (CONTINUED)



(3) When your opponent begins to attack your ribs, use your elbows to lift his arms, and move your knees under them. Hook your hands over your opponent's upper arms to keep him from bringing his arms back for a strike.

NOTE: Use your knees to protect against strikes to your ribs and your arms to protect against strikes to your head.

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, MIDDLE

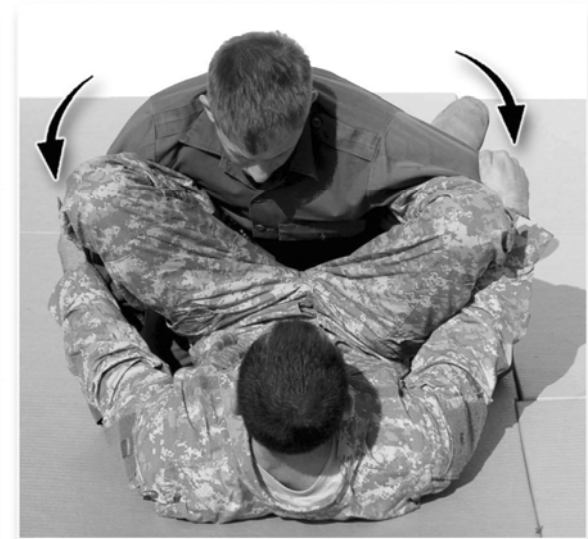
As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

NOTE: Conduct this technique when your opponent tries to pull away to make more room for punching.



(1) Slide your hands over your opponent's upper arms. Work your feet up to his hips; position your knees in front of his shoulders.

NOTE: Use your knees to defend punches.



(2) Hook your hands over your opponent's upper arms to keep him from bringing his arms back for a strike.

NOTE: If your opponent moves his arms to free them, you must respond to maintain control. If he does get an arm loose and is able to prepare for a big strike, lift your hips, and push your same-side knee up to increase the distance. Reach your arm across to cover your face. When he tries to land the punch, guide his arm over your knee and resume the controlling position with your hands.

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, FAR

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

NOTE: Conduct this technique when your opponent tries to pull away to stand up.



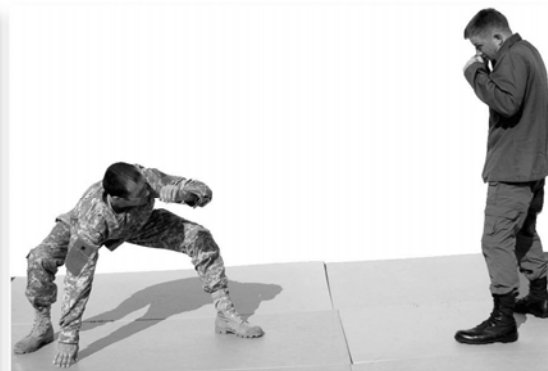
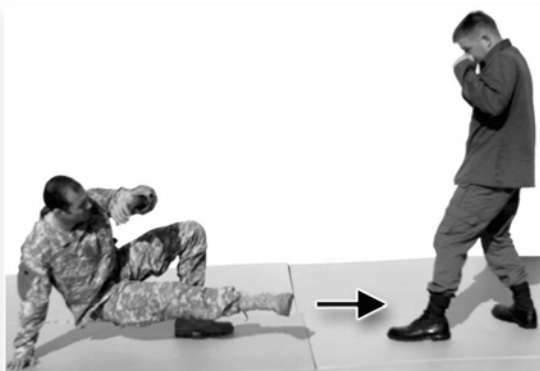
(1) Transition your grip on your opponent's wrist.



(2) Kick your opponent's chin.



(3) Sit up with your opponent. Assume a Stand in Base posture, and kick with your bottom leg to create space.



(4) Stand in Base. Be ready to counterattack.

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENSE AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find himself in a front head lock position. If he fails to defend this, the opponent may finish the fight here. This technique will allow the fight to escape any submissions as well as gain dominant body position.



(1) Reach over your opponent's opposite shoulder with your arm. Place your opposite hand on your opponent's knee. Relax, and hang as dead weight. If your opponent is taller than you, place your knees on his thighs to support you.



(2) As your opponent tries to pick you up to choke you, move to the opposite side of the choke. Break his base by bumping the back of his knee with your knee.

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENSE AGAINST THE STANDING GUILLOTINE (CONTINUED)



(3) Take your opponent to the ground. Ensure that you are in Side Control as you set him down.



Take the opponent down.



Enlarged View

Grasp the opponent's shoulder.

(4) With the hand that is closest to your opponent's head, grasp his far-side shoulder. Drive the bony part of your forearm under his chin until you can pull your head free.

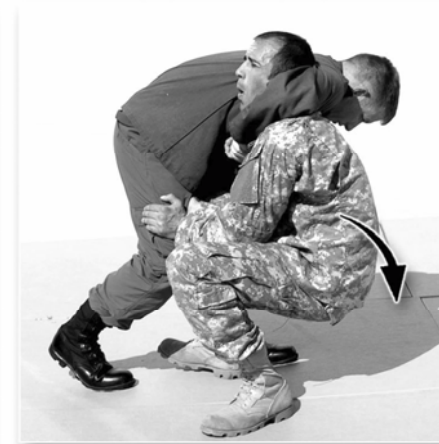
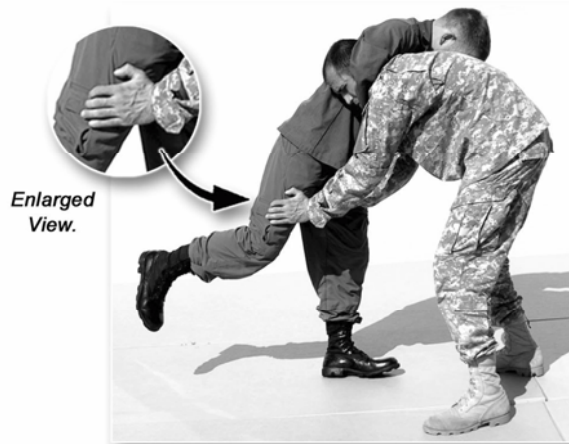
REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

KNEE STRIKES

When the opponent has secured the Guillotine Choke, he may attempt to direct knee strikes to your head.



(1) With both of your arms locked at the elbows and the heels of your hands together, block your opponent's knee strikes just above the knee. Keep your outside leg forward and the other leg back.



(2) Swing your back leg forward, between your opponent's legs, and sit on your other heel.

WARNING

Keep your thumbs alongside your hands so that they are not broken by the opponent's knee strikes.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep his outside hand free, allowing him to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

KNEE STRIKES (CONTINUED)



(3) This dropping action will send your opponent over your head, driving his head into the ground.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep his outside hand free (allowing him to roll out) and look in the direction opposite of his training partner. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front to perform Defense Against the Standing Headlock, Step In Front.



(1) To block a potential knee strike, place the heel of one hand just above the opposite side knee. Reach your other hand around your opponent's back, and secure a grip on his far-side hipbone.

(2) Step slightly in front of your opponent.

NOTE: Keep your legs back so that your opponent cannot get his hip under you.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT (CONTINUED)



(3) With your outside foot, step between your opponent's legs, and sit down on your heel. Spin simultaneously. As you drop between his legs, pull him with the hand that was on his hip.



Roll the opponent over.



Rise to the Mount posture.

(4) Your opponent will fall over you.

NOTE: Tuck your elbow to avoid landing on it.

(5) Roll, and achieve good posture in the Mount.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP BEHIND

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front, but if he is unable, he should perform Defense Against the Standing Headlock, Step Behind.



Step behind the opponent.

(1) As you try to step around, your opponent turns away.



Grasp behind the opponent's leg.

(2) Grasp behind your opponent's leg on the side your head is on, and step beside his foot with your same-side foot.



(3) Move your other foot between your opponent's legs.



(4) Sit on the heel of your outside leg, throwing your opponent backward.



(5) Roll, and achieve good posture in Side Control.

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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES

For Soldiers and units to meet divergent missions across the spectrum of force, the Army Combatives System must be adaptive and flexible, stressing how to train, not specifically what to know. The advanced techniques in this chapter should serve as a blueprint for advanced training that meets the demands of specific missions, while staying grounded in common techniques and training principles.

SECTION I — ADVANCED GROUND-FIGHTING TECHNIQUES

Although the fighter will always revert to learned techniques, increased skill will bring new techniques and positions based on the fighter's feel for his opponent's body. Advanced ground-fighting techniques develop a fighter's sense of movement and understanding of kinesthetic relationships.

ADVANCED BODY POSITIONING MOVES

5-1. When the fighter has mastered the basic and intermediate techniques, he can progress to more advanced methods of attack and defense.

SIDE CONTROL ESCAPES

5-2. One of the easiest ways to distinguish between a beginner and an experienced grappler is what the fighter does when his opponent has assumed Side Control. The beginner grappler will frequently stop in the bottom position, waiting for his opponent's next move. Although the experienced fighter might take a passive approach when fatigue is becoming a factor, he will more often take action and attempt to improve his position, no matter what the positional relationship. Side Control escapes allow the fighter to remove himself from Side Control, so that he may place himself in a more advantageous position.

5-3. Advanced Side Control escapes include—

- Opponent Has Standard Side Control.
- Opponent Has Near-Side Hip Control.
- Opponent Has Head and Far Arm Underhooked.
- Opponent Has Both Hands In Near-Side Control.

NORTH/SOUTH ESCAPES

5-4. The North/South position is not common, but a fighter may find himself there; therefore, it is important for him to know how to escape the position.

5-5. North/South escapes include—

- Opponent Rested on Forearms.
- Opponent Has Both Elbows in Armpits.

ADVANCED FINISHING MOVES

5-6. The techniques of both the basic and intermediate finishing moves are designed to give a fighter an understanding of not only the ways a human body can be disabled, but more importantly when those types of attacks can be effectively employed. The more advanced techniques shown in this chapter require a more developed sense of position and the ability to dominate the fight even before they are attempted.

KNEE MOUNT

5-7. The knee mount is a very useful dominant position in most combat situations. This position allows you control over your opponent, while maintaining some distance and the freedom to either move away from him or employ either weapons or restraining devices. Once the knee mount has been introduced, its use should be encouraged.

5-8. Advanced Knee Mount positions include—

- Far-Side Arm Bar.
- Paper Cutter from Modified Knee Mount to Belly Scarf Hold.

FROM GUARD

5-9. During a fight, a fighter may find himself on his back. While this is not the most desirable position, the fighter has several options; he can fend off strikes or finish the fight with submissions. These submissions include—

- Reverse Arm Bar with Leg.

CHAIN ATTACKS

5-10. As a Soldier becomes a more proficient fighter, he learns to chain his attacks together. For example, a fighter might chain the following attacks together:

- Hip Heist Sweep.
- Reverse Bent Arm Bar.
- Guillotine Choke.

5-11. Another chain attack includes—

- Straight Arm Bar.
- Reverse Arm Bar with Leg.
- Triangle Choke.

5-12. Of the dominant body positions, the Guard provides the most opportunities for chain attacks.

NOTE: Chain attacks can include basic, intermediate, and advanced techniques.

LEG ATTACKS

5-13. This section covers advanced leg attacks. These techniques are taught as a way to change the fighter's position into a submission. Although the techniques are advanced, they still present the same amount of hazard as attacks learned at the lower levels and the same amount of caution should still be adhered.

5-14. Advanced leg attacks include—

- Achilles Lock Defense.

WARNING

Leg attacks can cause serious permanent damage to the knee and ankle joints.

SECTION II — STRIKING SKILLS

The keys to developing effective striking skills are understanding range, knowing what techniques are effective at that range, and controlling the transition between ranges. This section describes various strikes and addresses the ranges from which they are effective.

MOVEMENT

5-15. The first step in learning to use striking skills effectively is to build a good foundation of movement. A Soldier must be able to maintain a good striking platform by keeping his stance and posture during movement. To do this he must employ effective footwork.

5-16. Movement techniques include—

- Basic Footwork.
- The Boxer's Dance.

ARM STRIKES

5-17. Arm strikes or boxing skills are the fundamental striking techniques. The most efficient method to becoming a proficient striker is to begin with boxing-type attacks.

CAUTION

Open hand strikes should be directed at appropriate targets, such as the opponent's head.

Closed fist strikes should be practiced using hand protection and controlled force. Failure to do so can lead to injury.

ATTACK

5-18. The strikes in this section are presented individually at first and should be practiced that way at first to insure proper form. There are many effective arm strikes but the fundamentals are the Jab, Cross, Hook, and Uppercut. These should be mastered before moving on to more advanced strikes. Remember that when learning each of the following strikes that the primary defense is the proper execution of not only the strike but keeping a good guard and correct movement.

5-19. Arm strikes include—

- Jab.
- Cross.
- Hook.
- Uppercut.

NOTE: See Appendix B for the five basic boxing combinations.

DEFENSE

5-20. It is important to remember that when you are attempting to strike your opponent, he will be attempting to strike you. Defensive skills must be an integral part of any striking training.

5-21. Fighters must know how to defend against the following strikes:

- Jab.
- Cross.
- Hook.
- Uppercut.

NOTE: See Appendix B for defensive boxing combinations.

KICKS

5-22. Because they do not require the use of the fighter's hands, kicks can be very useful in attacking an enemy. Kicks generate more power and have more range than punches.

ATTACK

5-23. Kickboxing integrates the use of legs and arms to defeat an opponent.

5-24. Kicks include—

- Round Kick.
- Switch Kick.
- Push Kick (Teep).

NOTE: See Appendix B for kickboxing combinations.

DEFENSE

5-25. The first defense to any strike thrown by an opponent is to evade the punch or kick. The ability to evade a kick depends on the experience of the fighter, and the speed and the range of the fight when the kick is thrown. To include what motion the body is in at the time the opponent throws the kick.

5-26. Kick defenses include—

- Evading a Kick.
- Beating a Kick Align.
- Stopping a Kick.
- Catching a Kick.
- Checking a Kick.

READING AN OPPONENT'S MOVES

5-27. Fighters become acquainted with defending strikes by learning to read the body language, or what their opponent looks like, when strikes are being thrown at them. Fighters can be trained to read body language by pairing up with other training partners and conduct situational sparring at a slow controlled speed. Both fighters must wear hard shin and instep pads to control the risk of injury in addition to their standard Combatives uniform.

5-28. Training partners should take turns throwing slow, controlled kicks at their opponent's legs and ribs, allowing them to learn how to evade, destroy, and catch the kicks.

NOTE: This training should be followed by having one fighter to don boxing gloves, and the other fighter focus mitts. During this training, the mitt holder throws slow, controlled kicks at their training partners, allowing them to learn how to beat and check the kicks followed by punches.

SECTION III — CLINCH FIGHTING

Clinch fighting covers all aspects of the clinch range. The clinch range falls within the 4 ranges of fighting but is still the least aspect trained. This section will show you takedowns, counters, throws and even strikes that a fighter can use in the clinch range.

BREAK-FALLS

CAUTION

For proper safety, break-fall training must precede takedown training. During break-fall training, do not try to catch yourself by reaching out with your arms. This can cause injury to the arms, hands, and shoulders. Instead, take the impact of the fall on the meaty portions of your body.

5-29. After initial training on break-falls has been conducted, it must be followed up with refresher break-fall training before training on throws and takedowns.

5-30. Break-falls include—

- Forward Rolling Break-Fall.

NOTE: These exercises should be practiced during warm-up exercises.

THROW TAKEDOWN TECHNIQUES

5-31. When used as part of stand up grappling, throws can be a highly effective means of taking the fight to the ground and gaining a dominant body position. When applied forcefully some throws can be used to stun or injure opponents.

5-32. Throw takedowns include—

- Hip Throw.
- Arch and Turn.

LEG ATTACKS

5-33. By changing his level and aggressively driving through his opponent, the fighter can attack his opponent's legs and effectively take him down.

DOUBLE LEG ATTACKS

5-34. The fundamental technique for attacking the legs is the double leg takedown. This technique gives the fighter more control of his opponent's legs than a single leg attack.

5-35. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.

5-36. Double leg attacks include—

- Double Leg Attack.
- Trip.
- Lift.
- Turn.

SINGLE LEG ATTACKS

5-37. Whereas in the double leg takedown, the objective is to drive through your opponent with your head on the outside, in a single leg attack the objective is to gain control of one of his legs and then use that control to compromise his balance.

5-38. Single leg attacks include—

- Snatch.

DEFENSE

5-39. Although a takedown may start from the striking range as well as the clinch range, the defense for it will always be in the clinch. These defenses will allow the fighter to stop, defend, and even gain a dominant body position off of the opponents attempt to take the fighter down.

5-40. Advanced defenses include—

- Sprawl.
- Cross-Face.
- Quarter Nelson.
- Shoulder Pressure Roll to the Rear Mount (Poisonous Tree Frog).

ADVANCED CLINCH POSITIONS

5-41. Beyond the basic controlling positions of the underhook and overhook, there are clinching positions that are specifically designed to give you a more controlling position for striking. Learning how to dominate an opponent using various movement techniques is just as important while fighting in the clinch as they are for ground grappling. Understanding the clinch positions is the key to having the sense of objective which allows you to fight effectively and improvise even when your technical repertoire is limited. Dominance in the clinch is what allows a fighter to dictate at what range and with what skills the fight will be fought.

5-42. Advanced Clinch positions include—

- Inside Control.
- Neck and Biceps.
- 50/50.
- Both Arms Under.
- Front Headlock.
- Counter to Inside Control.
- Long-Range.

PUMMELING

5-43. Pummeling is fighting for dominant clinch position. After a fighter understands the dominant clinch positions and therefore knows what he is fighting for, he can then usefully learn techniques to gain those positions and then drills to help gain skills.

5-44. Pummeling includes—

- Basic.
- Near-Side.
- Changing Sides.
- Outside to Inside Wedge.
- Over to Under Lever.
- Under to Over Lever.
- Push the Elbow Inward.
- Double Elbow Lift.

KNEE STRIKES

5-45. While fighting in the clinch, a fighter's hands may get tied up fighting for a position. If this should happen, the fighter can use knee strikes to injure his opponent.

ATTACK

5-46. Highly effective and often under-used, when properly trained, knee strikes can be used to hurt, break ribs, and render an opponent unconscious.

5-47. Knee strikes include—

- Long Knee.
- Up Knee.
- Round Knee.

DEFENSE

5-48. When in the clinch position, the opponent has the same opportunities to throw knees as the fighter does. In return the fighter doesn't only have to defend the strikes but may use simple movements to get the opponent off balance. This section will teach you multiple techniques that you can use depending on the position that you are in and what type of knee your opponent throws at you.

5-49. Knee strike defenses include—

- Hip Check.

- Pull Toward the Knee.
- Pull Away from the Knee.
- Hand Check.
- Knee Lift and Grab.
- Tilt the Head.

THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

5-50. The last section covered techniques that the fighter can use to get the opponent off balance when the opponent attempts to throw knees. This section will teach you how to use the momentum created to take the opponent to the ground, again depending on what position you are in and what type of knee strikes the opponent is throwing.

5-51. Throws and takedowns against knee strikes include—

- Hip Check, Turn Down.
- Pull Toward the Knee, Inside Hook.
- Pull Away from the Knee, Sweep.
- Pull Away from the Knee, Throw.
- Hand Check, Knee Strike, Snap Down.
- Knee Lift from Modified Seat Belt Clinch.
- 50/50, Catch and Lift.
- Counter to Inside Control, Catch and Lift.
- Hip Check Entry for Hip Toss.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL

When the opponent has standard Side Control, the fighter uses this technique to create enough space for him to position his legs beneath the opponent and move to the Guard.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Move your hips upward, and lift with both forearms. Shrimp your behind away, and push on your opponent's hips.



(3) Drive in with your bottom knee.



(4) Push your opponent away until he faces you.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL (CONTINUED)



(5) Recompose the Guard by switching your hips and rotating your foot out.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL

The opponent may assume Near-Side Hip Control to keep the fighter from assuming the Guard. This technique enables the fighter to get to his knees and assume a dominant body position.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Move your hips upward, and lift with both forearms.



(3) Drive your underhooked arm up, and secure your opponent's near-side leg. Rotate to your knees, and drop to a single leg.



(4) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.

NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL (CONTINUED)



(5) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod. Walk around to the rear of your opponent, and secure his near-side leg with yours.



(6) Reach across for the double leg.



(5) ALTERNATE. With your front hand, secure the top of your opponent's heel.



(6) ALTERNATE. Drive your head into your opponent's hip and lift his heel.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL (CONTINUED)



(6, continued) Reach across for the double leg.



(7) Finish in dominant body position.



(6) ALTERNATE. (continued) Drive your head into your opponent's hip and lift his heel.



(7) ALTERNATE. Finish in dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED

Sometimes, the opponent underhooks the fighter's head and far arm to prevent the fighter from rolling toward and away from the opponent, from assuming the Guard, or from being able to move to his knees. This technique enables the fighter to move from under the opponent to the Front Headlock position.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Arch into your opponent, and drive with your trapped arm.



(3) While arched, transition your tabletop arm to an underhook.



(4) Return to your back, and then arch away from your opponent. Drive your underhooked arm.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

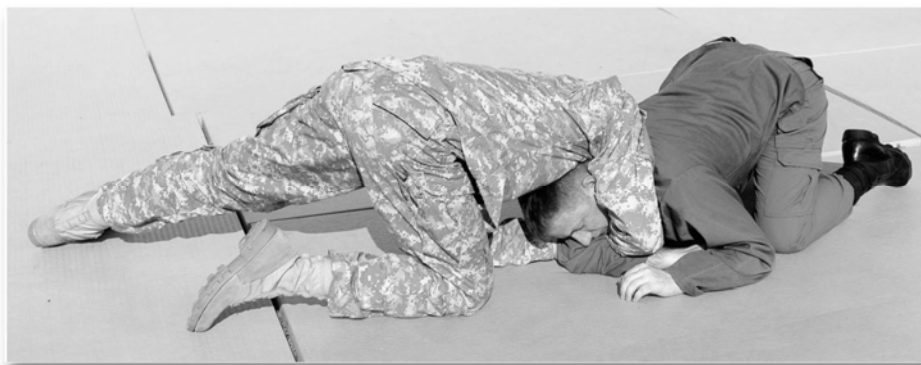
OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (CONTINUED)



(5) Return to your back, and then arch away from your opponent. Drive you're your underhooked arm.



(6) Step over to your knees.



(7) Finish in the Front Headlock.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL

Sometimes, the opponent controls the fighter's head and assumes Near-Side Hip Control to prevent the fighter from turning into him. This technique enables the fighter to roll away from the opponent to keep the opponent from taking the fighter's back.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Bump your hips up.



(3) Transition from Table Top to face. Move your underhook arm flat on the ground next to you.



(4) Arch away from your opponent.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(5) Step over to your knees.



(6) Swim your hand back, and drop to the single leg.

NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(7) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.



(8) Walk around to the rear of your opponent, and secure his near-side leg with yours.



(7) ALTERNATE. Secure the top of your opponent's heel with your front hand.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(9) Reach across to the double leg.



(8) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(10) Finish in the dominant body position.



(9) ALTERNATE. Finish in the dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

NORTH/SOUTH POSITION

This position allows for many attacks and is very difficult for opponents to escape from.

TOP



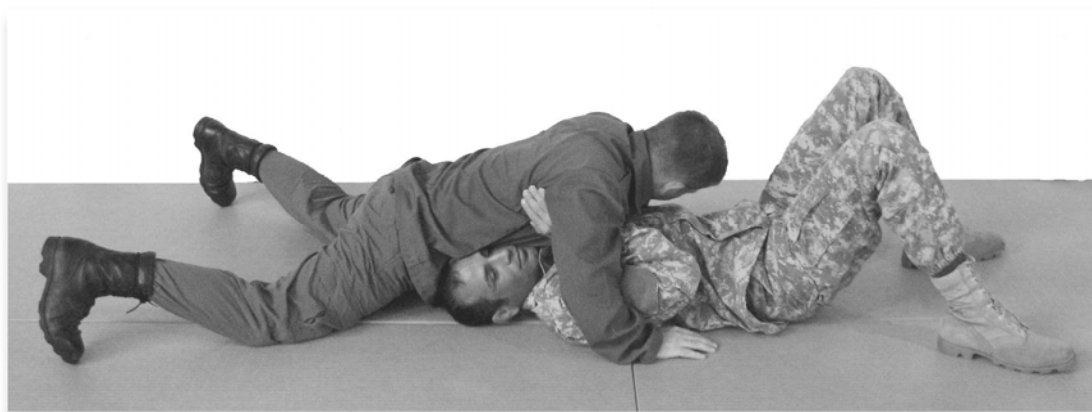
Control your opponent's hips with your hands.

Keep your elbows tightly under your opponent's armpits.

Spread your legs, and move onto your toes.

Drive your hips to the ground.

BOTTOM



Keep your elbows tight against your body.

Move your hands into your opponent's armpits.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS

When on the bottom in the North/South position, the ideal position to have is the opponent resting on the fighter's forearms. This enables the fighter to create space and get in a better position.



(1) Begin with both feet flat and hands on your opponent's hips.



(2) Bump up with your hips, and lift your opponent with your arms.



(3) Raise your legs, one in and one out.



(4) Push on your opponent's hips.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS (CONTINUED)



(5) Spin on your back to face your opponent.



(6) Recompose the Guard.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS

If an opponent knows a little about ground-fighting, he may be able to pass the preferred method of defense when in the North/South position. If that is the case, this technique enables the fighter to escape.



(1) Begin with both feet flat and hands on your opponent's hips.



(2) Bump up with your hips to create space. Drop back down, and drive one arm over the other to your opponent's opposite hip.



(3) Arch over, rotate to your knees, and drop to the single leg.

NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(7) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.



(8) Walk around to the rear of your opponent, and secure his near-side leg with yours.



(7) ALTERNATE. Secure the top of your opponent's heel with your front hand.



ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(9) Reach across to the double leg.



(8) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(10) Finish in the dominant body position.



(9) ALTERNATE. Finish in the dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, KNEE MOUNT**FAR-SIDE ARM BAR**

When the fighter has achieved the Knee Mount, the opponent may attempt to push the fighter's knee off and move his hips away from the fighter. This enables the fighter to attack the arm with which the opponent pushes the knee.



(1) Begin in the Knee Mount. Underhook your opponent's far-side arm. Insert your other hand in his collar, and pull your opponent into you.



(2) With the leg that is posted, step over your opponent's head.



(3) Pivot your body to your opponent's far side.



(4) Sit into the Arm Bar, while still controlling your opponent's arm above his elbow.



(5) Finish the Arm Bar.

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED FINISHING MOVES, KNEE MOUNT PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD

The fighter uses the Paper Cutter from Modified Knee Mount to Belly Scarf Hold to choke an opponent with his hand on the near side of the opponent's neck.



(1) Reach into the far side of your opponent's collar, with your fingers on the inside of the collar.



(2) With your weight on the leg closest to your opponent's head, sit through and drive your elbow across his neck.

ADVANCED GROUND-FIGHTING TECHNIQUES—FROM GUARD

REVERSE ARM BAR WITH LEG

The fighter uses the Reverse Arm Bar with Leg when he has assumed the Guard and his opponent presents both arms by posting them on the Guard.



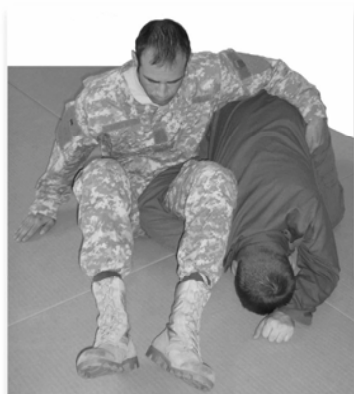
(1) You assume the Guard and your opponent presents both arms by posting them on the Guard.



(2) Secure both of your opponent's wrists with a Thumb Grip. Post both of your feet on your opponent's hips, keeping good control.



(3) Slide your hips out, and move your leg over your opponent's shoulder.



(4) Rotate your body out from under your opponent, and secure your opponent's hip.



(5) Switch your feet. Keep control of your opponent's far-side hip. Keep a good Thumb Grip on his wrist with your other hand.



(6) Finish by keeping control of your opponent's far-side hip and near-side wrist and driving your hips upward at a 45-degree angle.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, LEG ATTACKS

ACHILLES LOCK DEFENSE

The fighter uses the Achilles Lock Defense when his opponent is in his Guard and attempting a leg attack.



(1) Grab your opponent's head with both hands.



(2) When your opponent sits back, pull yourself up.

(3) Push in your opponent's knee with your body. When you come up high on your opponent, shove his knee back down, and achieve the High Mount.

STRIKING SKILLS—MOVEMENT

BASIC FOOTWORK

Before effective strikes can be launched, a fighter must have a solid base, as well as the ability to move while both attacking and defending.

NOTE: When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed fighters.



MOVING FORWARD

Step forward with your lead foot, and drag your trail foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



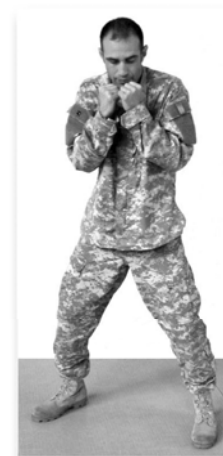
MOVING BACKWARD

Step backward with your trail foot, and drag your lead foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



MOVING RIGHT

Step to your right with your trail foot, and drag your lead foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



MOVING LEFT

Step to your left with your lead foot, and drag your trail foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.

MOVING DIAGONALLY

When moving diagonally, the foot that moves first may not be the foot closest to the direction you are moving. The guiding factor is that you should never cross your feet.

NOTE: Do not cross your feet.

CIRCLING TO THE LEFT AND RIGHT

Circling is the same as moving diagonally, with the exception of your trail foot position. After the movement, you must slide your trail foot into position to face your opponent.

STRIKING SKILLS—MOVEMENT

BOXER'S DANCE

This movement is key to generating punching power.



(1) Stand with both heels on the ground. Distribute your weight evenly on your feet.



(2) Shift your body weight to one foot. Pivot the other leg on the ball of the foot. Turn your heel out, and move your knee in and down. Turn your hips, mid-section, and upper body as one unit toward the weighted leg.

NOTE: Keep your knees bent throughout the movement.



(3) Return your body to its original position.



(4) Shift your weight onto the other leg. Repeat Step 2, but use the other leg and turn in the opposite direction. Repeat this process several times, learning to shift your weight and pivot smoothly.

STRIKING SKILLS—ARM STRIKES, ATTACK

JAB

The Jab is thrown with the lead hand and is used for controlling the range and setting up further techniques. It is the most used punch in boxing.

NOTE: The Jab should first be practiced from a static position.

Then, it should be practiced moving forward, and then while circling toward the lead hand. When jabbing while moving forward, the action must come from an explosive push with the fighter's rear leg. The extension of the punch should happen at the same time. Further, the fighter's punch should withdraw into his defensive position at the same time his trail foot slides forward into the Fighter's Stance.

Finally, it should be practiced moving backward, and then while circling toward the trail hand. When jabbing while moving backward, the fighter throws the punch at the same time he pushes off with the lead leg. Further, the fighter's punch should withdraw into his defensive position at the same time his lead foot slides backward into the Fighter's Stance.



(1) From a Fighter's Stance, bend your lead knee, and push it forward of your toe. Keep your lead heel on the ground. At the same time, push with your rear leg and slightly twist your torso. Do not bend at the waist.



(2) Extend your arm. Move your fist in a straight line directly from its defensive position to the target. Keep your rear hand up while throwing the jab. Do not flail the elbow, but use it as a hinge. At the point of impact, twist your fist to land the blow with the palm facing down. Throw the jab at eye-level or above.

(3) Withdraw your fist to its defensive position.

STRIKING SKILLS—ARM STRIKES, ATTACK CROSS

The Cross is a power punch thrown from the rear arm. It is often set up by the Jab or thrown in a combination.



(1) From the Fighter's Stance, transition your weight to your lead leg, and turn on the ball of your trail foot until your hips and shoulders are positioned 45 degrees past your opponent. Bend the knee of your trail leg, and position it facing inward with your heel turned out.

(2) As you extend your punch, rotate your arm so that you strike with your knuckles up and palm facing down. Throw the punch straight out from your face, without flailing your elbow out to the side. Keep your lead hand up to protect the opposite side of your head, and move your trail shoulder up to protect your near side.

(3) Bring your trail hand straight back to your face without looping it.

NOTE: Practice the Cross by standing with your dominant side against a wall. Step forward with your lead foot, drag your trail foot, and throw the Cross, looking for the trail heel to contact the wall to ensure you are turning it over.

STRIKING SKILLS—ARM STRIKES, ATTACK

HOOK

The Hook is a power punch that is usually thrown from the front arm. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the opponent's field of vision. Fighters often confuse the Hook with a looping arm punch. In reality, a powerful hook does not involve very much arm movement, but generates its power from the fighter's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.



(1) From the Fighter's Stance, shift your weight toward your trail foot, and turn on the ball of your lead foot. Turn your hips and shoulders 90 degrees (toward the inside), and throw the heel of your lead foot to the front.



(2) Raise your elbow as you turn so that your punch lands with your arm parallel with the ground and your palm facing toward your chest. Keep your trail foot planted and your trail hand in a defensive position covering your face.

(3) Tuck your elbow back into your side, and turn your shoulders to return to the ready position.

WARNING

**Do not allow your palm to face downward.
This can cause injury to the wrist.**

STRIKING SKILLS—ARM STRIKES, ATTACK

UPPERCUT

The Uppercut is effective against an opponent who is crouching or trying to avoid a clinch. The fighter can throw this strike with the lead hand or the trail hand.

LEAD HAND



(1) Begin in the Fighter's Stance. Turn your hips and shoulders slightly to face your opponent. Dip your lead shoulder downward, and bend your knees.

(2) Keep your elbow tucked in, and drive off of your lead leg to land your punch. Keep your palm facing up and your wrist straight and firm. Keep your trail hand in a defensive position covering your face.

(3) Turn your shoulders, and snap back into the ready position.

TRAIL HAND



(1) Begin in the Fighter's Stance. Turn your hips and shoulders slightly to face your opponent. Dip your rear shoulder downward, and bend your knees.

(2) Drive off of your trail leg (through your hip) to land your punch. Keep your palm facing up and your wrist straight and firm. Your arm will be slightly more extended than the lead hand punch. Keep your lead hand in a defensive position covering your face.

(3) Snap back into the ready position.

STRIKING SKILLS—ARM STRIKES, DEFENSE

JAB

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.

CATCH



To catch a jab thrown at your face, turn the palm of your trail hand toward your opponent's punch and catch it, keeping your hand near your face.

NOTE: DO NOT reach for the punch. This will give your opponent an opportunity to land a hook.

SLIP



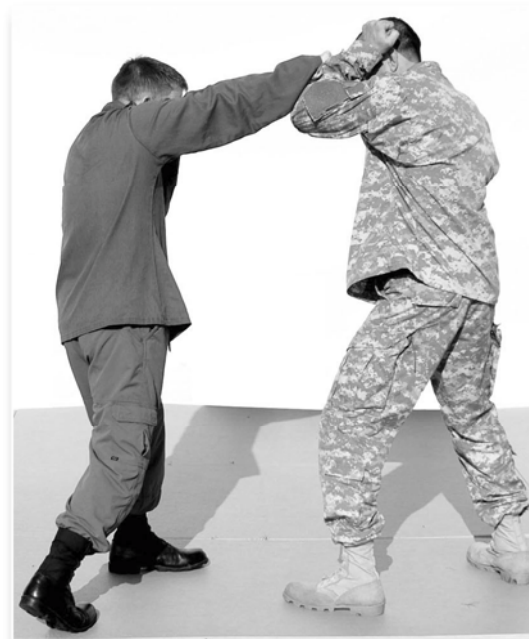
To slip a jab, move slightly out of the way of the incoming jab so that it either barely misses or strikes only a glancing blow.

STRIKING SKILLS—ARM STRIKES, DEFENSE CROSS, FRONT COVER

This technique enables the fighter to defend the Cross without moving his head.



(1) When your opponent throws a cross, slightly raise your lead hand and bring it near your forehead. Keep your chin tucked.



(2) Use your body, particularly your knees, to absorb the impact of the strike by being supple and giving some when the punch lands on your arm.

NOTE: DO NOT put your head down or bend at the waist.

STRIKING SKILLS—ARM STRIKES, DEFENSE

HOOK, REAR COVER

This technique enables the fighter to defend the Cross without moving his head.



(1) Establish the rear cover by bringing your rear arm back to your cheek.

NOTE: Keep your rear elbow tight to cover your ribs.



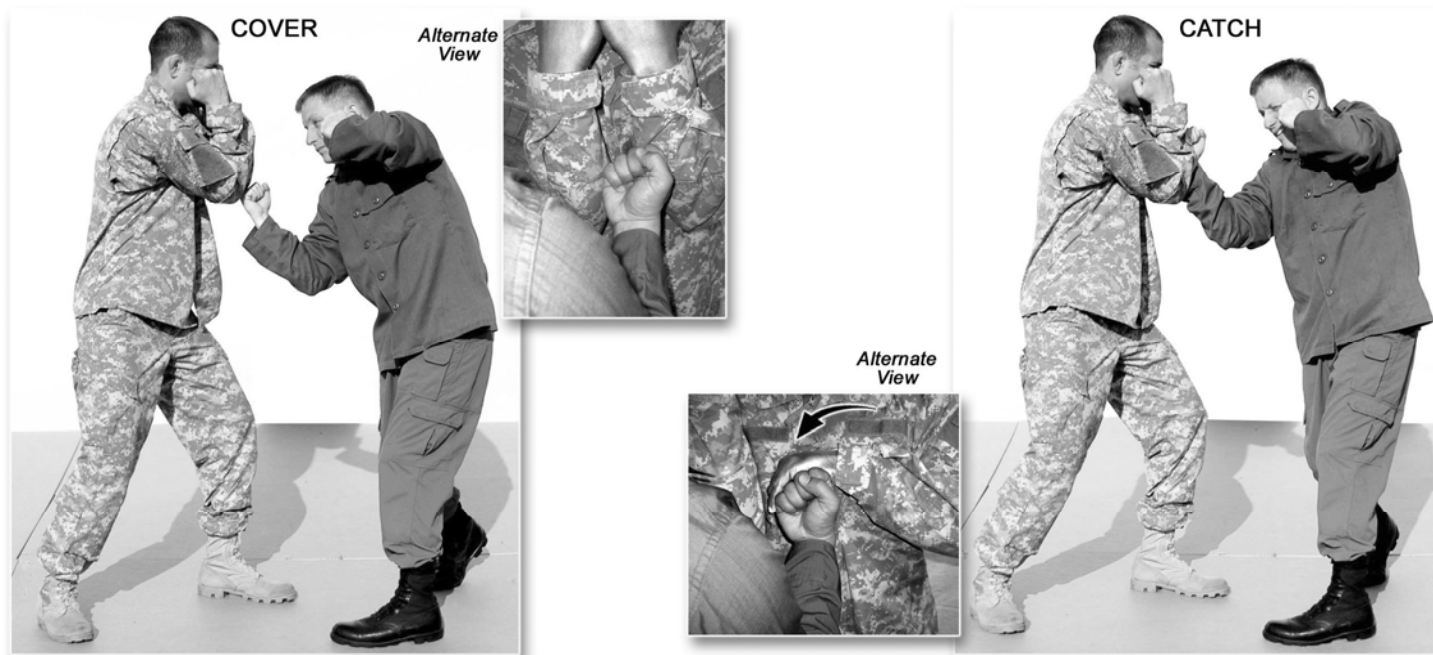
(2) Bend slightly at the knees to absorb some of the impact of the strike.

NOTE: Keep a straight trunk, and avoid putting your head down.

STRIKING SKILLS—ARM STRIKES, DEFENSE

UPPERCUT

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the fighter in a very good position to counter with his own punches. The more difficult way, and more effective once mastered, is to catch the incoming uppercut. This method leaves you in a much better position to throw punches and regain the initiative.



(1) Assume the Fighter's Stance, with both hands covering the face.

(2) Bring both elbows in tight to your front and allow the punch to slide up your arms and past your head.

NOTE: Avoid bending forward at the waist.

(1) Assume the Fighter's Stance, with both hands covering the face.

(2) Turn your same-side hand down.

NOTE: Avoid bending forward at the waist.

STRIKING SKILLS—KICKS, ATTACK

ROUND KICK

The Round Kick is a powerful strike that is used against an opponent's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook.



(1) Push off on the ball of your trail leg foot, and, then step somewhat toward the target and laterally to the outside with your lead leg. Transition your body weight toward the ball of your lead foot, keeping your lead knee somewhat bent.

NOTE: Always remember that punches beat kicks, and the opponent is likely to close the range and throw a Cross.



(2) Begin rotating your lower body into the direction of the kick, simultaneously bringing your lead hand around to cover any exposed portions of your head. Transition your trail hand down and around as a counterbalance to the rotation of your kick. Rotate your body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block your face). Whip the bent trail leg through the target, making contact with the opponent with the last couple inches of shin bone, just above your foot.

WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.

NOTE: When targeting your opponent's leg, aim below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. Throw these kicks and kicks to the opponents head in an arch (the shin lands in a downward motion) to avoid the check.

When targeting your opponent's ribs, aim above the hip bones at the lower portion of the ribcage. Throw this kick as a rising kick to avoid colliding with the arm covering the rib cage.

STRIKING SKILLS—KICKS, ATTACK

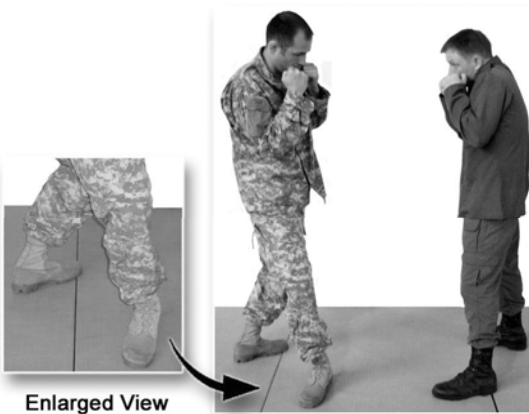
SWITCH KICK

The Switch Kick is a fast, powerful kick thrown to an opponent's legs, torso, or head. It can be thrown as a part of a combination (following the Cross) or singularly (in the case of a Cut Kick).

NOTE: When targeting your opponent's leg, aim below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. The fighter should throw this kick in an arch (so that the shin lands in a downward motion) to avoid the check. When targeting the opponent's ribs, aim above the hip bones at the lower portion of the ribcage. This kick will be thrown as a rising kick to avoid colliding with the arm covering the rib cage.



(1) Start from a Fighter's Stance, with the dominant-side foot trailing and the nondominant-side slightly forward.



(2) Step offline with the trail leg by pushing off the ball of the lead foot, stepping toward the target and laterally in the direction of the kick.

(3) Transition your bodyweight toward the ball of your dominant foot. Bend your dominant knee. Rotate your lower body into the direction of the kick. Bring your dominant hand around to cover any exposed portion of your head, and transition your nondominant hand down as a counterbalance to the rotation of the kick.



(4) Rotate your body through the target, leading with your hip, followed by the nondominant shoulder. Keep the nondominant shoulder high to help block your face). Whip your nondominant leg through the target, making contact with your opponent with the last couple inches of shin bone, just above the foot.

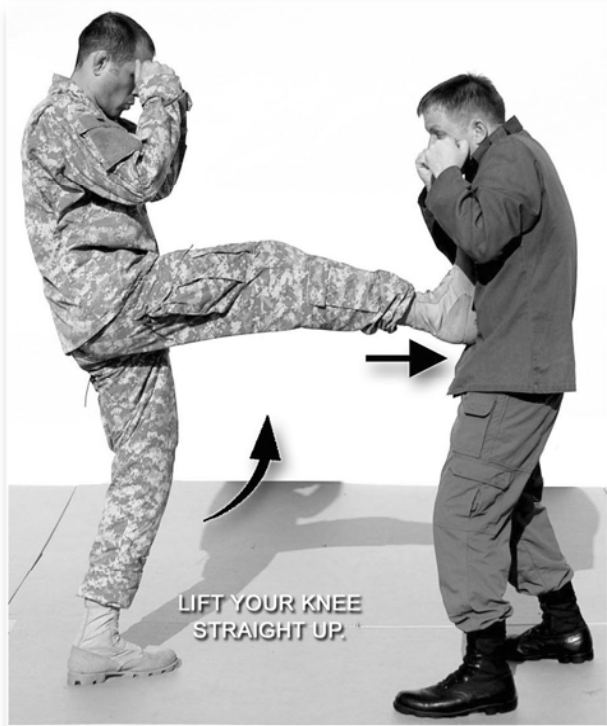
WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.

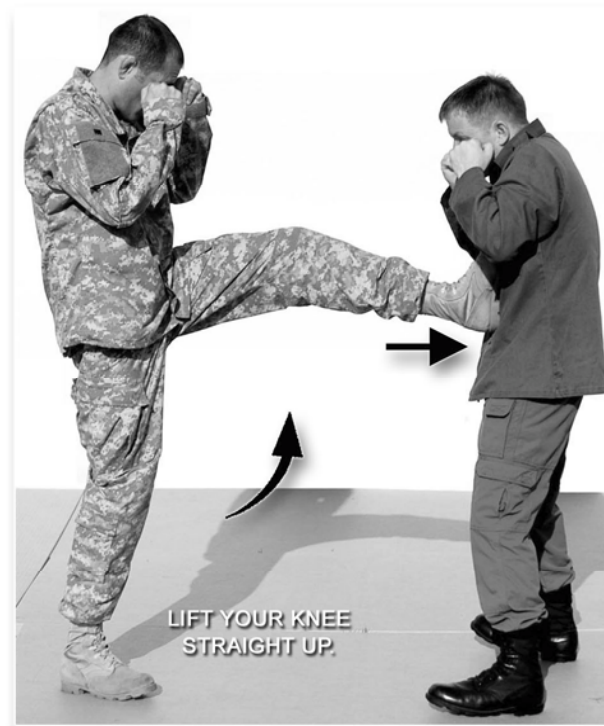
STRIKING SKILLS—KICKS, ATTACK

PUSH KICK (TEEP)

The Push Kick is used to create range or beat the opponent's leg kick. It is often followed by a Jab and a Cross when thrown as part of a combination. The Push Kick is a pushing-type kick, thrown with either leg, depending on the range to your opponent and the action required.



(1) After establishing the appropriate range to your opponent, lift the knee of your kicking leg straight up, while keeping your back straight. Simultaneously, thrust your hips forward (this is where the power of the kick comes from), and straighten your leg at the knee. Kick the target with the bottom of your foot.



(2) To create range, kick your opponent in the torso or face. Aim at his center of mass to avoid having your foot slip to the left or right.

STRIKING SKILLS—KICKS, DEFENSE

EVADING A KICK

When an opponent attempts to initiate a kick, a fighter can evade the kick.



- (1) Execute a quick rearward movement to get out of range of the strike.
- (2) Once out of range, immediately reestablish a good Fighter's Stance or counter-strike to avoid the additional punches and kicks in combinations.

STRIKING SKILLS—KICKS, DEFENSE

BEATING A KICK

Beating a kick requires a good read of the opponent's body language. The opponent's ability to land an effective kick depends on having the appropriate range to strike with the lower portion of the leg.



(1) Close the range to the opponent so the kick will be ineffective.



(2) Immediately, push forward on the ball of your trail foot, step forward with your lead foot, and deliver a Cross to your opponent's face.

STRIKING SKILLS—KICKS, DEFENSE

STOPPING A KICK

The kick can be stopped using either the Cut Kick or the Push Kick.

CUT KICK

When your opponent steps off-line to deliver the Round Kick, it will leave the inside of his lead leg exposed. Throw the Cut Kick to the inside of your opponent's lead calf. This will knock your opponent off-balance, causing him to abandon the kick.



PUSH KICK

When your opponent steps off-line to kick, aim the Push Kick at his hip on the side of the body that the kick originates from.

NOTE: This kick must occur in a rapid sequence and is often thrown with the lead leg.

STRIKING SKILLS—KICKS, DEFENSE

CATCHING A KICK

Catching a kick is an available option, especially for lazy or half-hearted kicks and particularly when they have not been set up with good punches.



(1) Close the distance by stepping forward with your lead leg and bending at the knee so that when the kick lands, it will slide up your lead leg.



(2) Secure an overhook around your opponent's leg with your arm on the same side.



(3) Throw a cross, and perform the takedown.

STRIKING SKILLS—KICKS, DEFENSE

CHECKING A KICK

As a kick defense, checking is the least desirable course of action; however, this technique is frequently used, especially against well-thrown or well-setup kicks.

Lift your targeted leg skyward, with the shin facing slightly outward (to meet the kick).

Keep the foot of the targeted leg parallel to the ground as you raise your leg, check the kick, and lower your leg, so that if you lose your balance, you will have a solid platform when you put the foot back on the ground.



Immediately following the check, plant your feet, and fire a cross at your opponent, as he may be somewhat off balance.

NOTE: DO NOT drop or attempt to check the kick with the hands or arms, as this will expose your head for strikes.

CAUTION

Be aware that checking your opponents kick will result in shin to shin contact, and can still cause some pain and damage.

CLINCH FIGHTING—BREAK-FALL FORWARD ROLLING BREAK-FALL

Breakfalls are used to train the fighter to fall correctly to the ground when being taken down by an opponent.

NOTE: The Forward Rolling Break-Fall techniques performed here are also performed from the Kneeling Position.

CAUTION

For proper safety, break-fall training must precede takedown training.



(1) Start the fall from the standing position.



(2) Raise one arm to expose your entire side, and bend both knees.



CLINCH FIGHTING—BREAK-FALL FORWARD ROLLING BREAK-FALL (CONTINUED)



(3) Roll forward across your body along your forearm, shoulder, and back to the opposite hip.



(4) End in a good position, and prepare to Stand in Base.

CAUTION

During break-fall training, do not try to catch yourself by reaching out with your arms. This can cause injury to the arms, hands, and shoulders. Instead, take the impact of the fall on the meaty portions of your body.

CLINCH FIGHTING—THROW TAKEDOWNS

HIP THROW

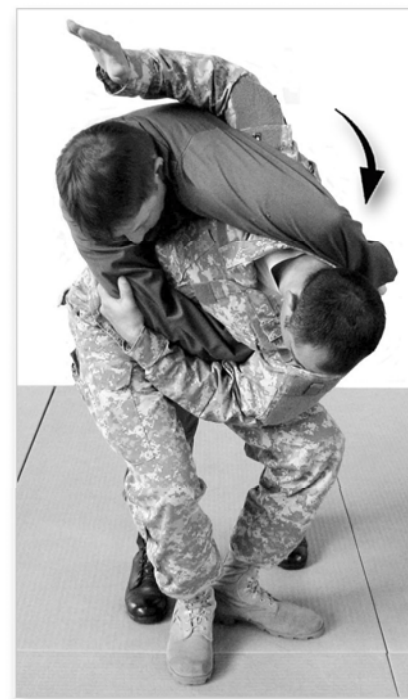
The fighter applies the Hip Throw when the opponent moves his near-side leg away.



(1) From the Modified Seat Belt position, the opponent moves his near-side leg backward, creating space to step through. Keep control of your opponent's arm, and relax your underhooked arm.



(2) Step through with your back foot. Slide your hip through the opening.

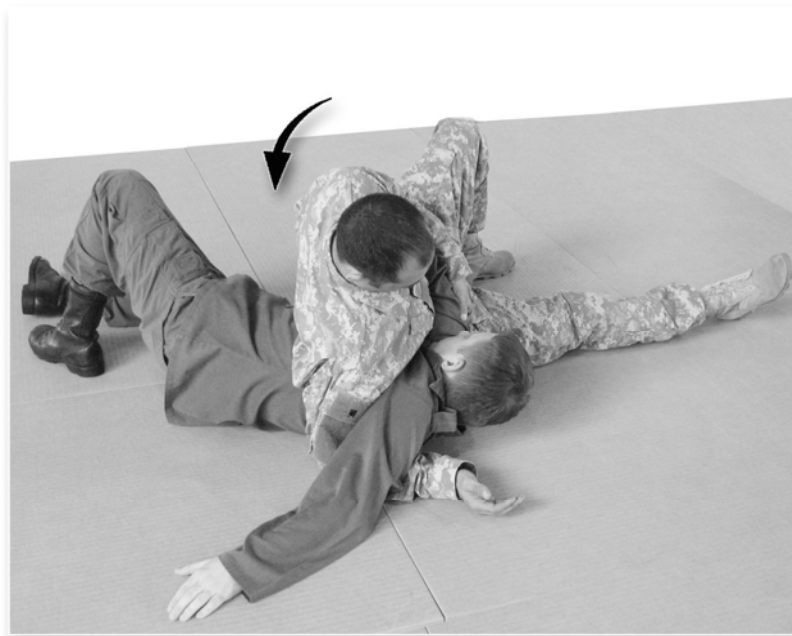


(3) Move your hips out, and bring your underhooked arm up. Trail your second foot to form a "V" with your heels.

CLINCH FIGHTING—THROW TAKEDOWNS HIP THROW (CONTINUED)



(4) Lift your hips, and extend your legs.



(5) Rotate your body, and bring your head downward to throw.

CLINCH FIGHTING—THROW TAKEDOWNS

ARCH AND TURN

If a fighter assumes the Modified Seatbelt position, he can use his hip action to arch his opponent over for the takedown.



(1) From the Modified Seat Belt Position, trap your opponent's far-side hip by establishing a Wrestler's Grip at his hip.



(2) Bend at the knees, and step slightly to your opponent's back. Arch backward.



(3) Extend your legs upward, and turn to your stomach. Release your grip before you reach the ground.

CLINCH FIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACK

Going under the opponent's arms and straight to the legs is a very useful attack. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.



(1) When you find yourself relatively close to your opponent, change your level by bending both of your knees and drive into his midsection with your shoulder. Your lead foot should penetrate as deep as your opponent's feet.

CLINCH FIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACK (CONTINUED)



(2) While driving forward, allow your lead knee to hit the ground. Bring your trail foot around in a circular motion. Keep your head tight to your opponent's body. Wrap both hands around his legs, with your hands grasping his calves with a Thumbless Grip.

CLINCH FIGHTING—DOUBLE LEG ATTACKS

TRIP

If the opponent does not sprawl effectively, the fighter can trip him to complete the double leg takedown.



(1) As you shoot the double leg, your opponent defends by walking backwards.



(2) Hook your opponent's heel with your outside leg, and continue to drive through him.

CLINCH FIGHTING—DOUBLE LEG ATTACKS

LIFT

If your opponent sprawls even a little bit too late, after you have gotten under him with a good shot, the best technique is to lift him as you drive through him.



(1) As you shoot the double leg, your opponent bends over your back.



(2) Continue to circle your trail foot around.



(3) Using your forward momentum, stand up, lifting your opponent with your shoulders. Dump your opponent on his back, and gain a dominant position.



CLINCH FIGHTING—DOUBLE LEG ATTACKS

TURN

After driving through your opponent and once you are under him, you should push with your head and leg to turn him.



(1) As you shoot the double leg, your opponent defends by sprawling. Place your hands on his calves (use as an extension). Drive into him with your head, and push off the ground with your trail foot in a 45-degree angle.



(3) Finish in dominant body position.

CLINCH FIGHTING—SINGLE LEG ATTACKS

SNATCH

The Snatch is useful when your opponent leaves a leg forward (as in a Fighter's Stance) or attempts a lazy kick, allowing you to catch the kick.



(1) Step the same-side leg outside of and slightly past the leg you intend to pick up.



(2) Lower your posture at the knees, dropping your far-side knee toward the ground.

CAUTION

DO NOT bend at the waist, as this will allow your enemy to kick or punch your face.

(3) Secure the target leg with a Wrestler's Grip (back-side hand on top) just below the knee.

(4) Use your forehead to push into your opponent's same-side hip, with your head inside of his waist. Drive forward with your trail leg, throwing your opponent off balance. Pick the leg up.

CLINCH FIGHTING—DEFENSE

SPRAWL

The fighter uses the Sprawl when his opponent attempts to shoot a Double Leg Takedown.



(1) Start the sprawl before your opponent has the chance to drive all the way into your legs, and throw you off balance.



(2) Throw your legs and hips behind you. Push your chest down, placing all of your weight on top of your opponent to drive him flat onto the ground.

NOTE: Get your legs as far away from your opponent as possible; he will be attempting to grab your legs and pull them back into him.

CLINCH FIGHTING—DEFENSE

CROSS-FACE

From the Sprawl, the fighter uses the Cross-Face to turn his body and take his opponent's back.



(1) Using your opposite side arm as the direction you wish to turn, place that forearm across your opponent's face and push against his head.



(2) Using the head pressure to break your opponent's grip on your leg, keep your hips low and your weight on top of his back.



(3) Turn your body with your legs to take your opponent's back.



CLINCH FIGHTING—DEFENSE

QUARTER NELSON

When his opponent attempts a takedown, the fighter uses the Quarter Nelson (in conjunction with the Wizzer) to pressure his opponent's head. This allows him to turn his opponent and gain a dominant body position off of his opponent's takedown attempt.



(1) As your opponent attempts a takedown, sprawl into your opponent and overhook his arm at the shoulder. Place your opposite hand on the back of his head.



(2) Grasp your wrist with your other hand.



(3) Apply pressure to the back of your opponent's head until he turns to his back.



(4) Assume good Side Control.

CLINCH FIGHTING—DEFENSE

SHOULDER PRESSURE ROLL TO THE REAR MOUNT (POISONOUS TREE FROG)

This technique enables fighters to move from a position on all fours to the more dominant Rear Mount position.



(1) Place your near-side knee between your opponent's arm and leg. Position your near-side arm over his back. Place your other arm under his far-side armpit, and grip with Thumbless Grip.



(2) Drive your head to your opponent's far side, while walking around his head.



(3) Roll over and under your opponent, pulling him on top of you into the Rear Mount.



CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

INSIDE CONTROL

Inside control is one of the most dominant positions to attack with strikes.



Tuck your elbows in to control the range.

Place one hand on top of the other, both pulling your opponent's neck downward.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

NECK AND BICEPS

The neck and biceps position is a neutral position that happens frequently. This position enables the fighter to initiate knee strikes.

Use your elbows to control punches.

NOTE: Keep your hand over the crook of your opponent's elbow to defend against elbow strikes.



Cup the back of your opponent's neck with one hand for control.

Place the other hand on top of your opponent's biceps.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

50/50

The 50/50 position enables the fighter to control his opponent's arm and body at the same time. If the fighter does not improve, it will allow the opponent the same opportunity as the fighter.

Place one arm in your opponent's armpit.

Hook one arm under your opponent's armpit and extend the other across your waist to block knee strikes.



Grasp your opponent's shoulder with a Thumbless Grip and his elbow with a Thumb Grip, pulling his arm into your armpit.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

BOTH ARMS UNDER

Both Arms Under is also called the body lock. This position allows the fighter to control his opponent's whole upper body.

HIGH

Your arms are locked together high behind your opponent's back to control his shoulders.



LOW

Your arms are locked together around the small of your opponent's back.



Lock your arms underneath your opponent's arms and behind his back.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

FRONT HEADLOCK

By controlling the opponent's head and arm in a Front Headlock, the fighter is in an excellent position to attack with strikes or takedowns.

Place your opponent's head in your armpit.



Control his arm with the arm around his neck.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

COUNTER TO INSIDE CONTROL

If the opponent achieves Inside Control, the fighter can defend by putting his arm over his opponent's and extending it. This will allow the fighter to regain his posture and fight for a better position.

Extend one arm over your opponent's arms and across his neck. Keep your opponent away by pressing against his neck.



Reach your other arm under your opponent's arms and across your waist to block knee strikes.

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

LONG-RANGE

It is more common for a confrontation to start outside of striking range. Having the courage to close the distance is the principal training goal.

BASIC LONG-RANGE

Begin in the Fighter's Stance. Drive into your opponent at an opportune moment. Try to place your forehead on his chest. Point your forehead at your opponent, and move your hands just over his biceps. From this position, achieve the Clinch.



LONG-RANGE WHEN THE OPPONENT ATTACKS

If the opponent tries to initiate the attack with punches, use this opportunity to close the distance. He will close the distance to get into punching range, so achieving the Clinch will be easier.

LONG-RANGE WITH A KICK

If the opponent stands back and awaits your attack, you will need to gain some form of advantage before closing the distance. One way to do this is with a kick. Kick with your front leg, aiming at your opponent's thigh. If you miss the kick, keep your leg in front of your opponent so that you do not give up your back.

CLINCH FIGHTING—PUMMELING

BASIC

One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of his opponent and lead into strikes or takedowns.



(1) Begin in the 50/50 position.



(2) Dig the near-side hand between your opponent's arm and your chest in an attempt to achieve the Both Arms Under clinch position. He will do the same thing at the same time so that you change sides. Push slightly against him, and your legs should change sides in coordination with your arm movements.



CLINCH FIGHTING—PUMMELING NEAR-SIDE

The fighter uses Pummeling, Near-side, when his opponent controls the fighter's attempt to achieve the basic clinch position by hooking his arm under the fighter's armpit.



(1) Your opponent controls your attempt to achieve the basic clinch position by hooking his arm under your armpit.



(2) Snake your arm over your opponent's and through his armpit. Step behind his leg. Quickly push upward with your arm, and move your hips forward to position your shoulder in his armpit and gain the position.



CLINCH FIGHTING—PUMMELING CHANGING SIDES

Sometimes, an opponent will control the fighter's attempt to achieve the basic clinch position by wrapping his arm over the fighter's and moving through the fighter's armpit. This is called a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an Underhook on the far side.



(1) Snake your other hand into his armpit on the far side and change sides.



(2) Shuck your shoulder to gain the position as before.

CLINCH FIGHTING—PUMMELING OUTSIDE TO INSIDE WEDGE

The fighter uses Outside to Inside Wedge when his opponent achieves Inside Control and squeezes his elbows together tightly. This move enables the fighter to swim his arms to Inside Control and assume a better position.



(1) Grasp both of your opponent's elbows, and place your hips under them. Straighten his arms by pushing them upward.



(2) Use the space this has created to wedge one hand at a time into the Inside Control position.



CLINCH FIGHTING—PUMMELING OVER TO UNDER LEVER

A fighter can defeat Inside Control by making a lever with his arms and using the power of his hips to achieve Inside Control.



(1) Reach over one of your opponent's arms at the elbow, and place the back of your hand under his other elbow.



(2) Place your palms together, and push your opponent's arms upward.

CLINCH FIGHTING—PUMMELING OVER TO UNDER LEVER (CONTINUED)



(3) Use the power of your hips to drive your opponent's elbow upward.



(4) Use the space this has created to wedge one hand at a time into the Inside Control position.



CLINCH FIGHTING—PUMMELING UNDER TO OVER LEVER

A fighter can defeat Inside Control by making a lever with his arms and using the power of his hips to achieve Inside Control.



(1) Begin in your opponent's Inside Control.



(2) Reach under one of your opponent's arms and over the other at his elbow.



(3) Using your own elbow, push your opponent's arm upward by leaning with your shoulders.

CLINCH FIGHTING—PUMMELING UNDER TO OVER LEVER (CONTINUED)



(4) Use the space this has created to wedge one hand at a time into the Inside Control position.

CLINCH FIGHTING—PUMMELING

PUSH THE ELBOW INWARD

Fighters use Push the Elbow Inward when their opponents squeeze their elbows too tightly for the fighter to perform the Over to Under Lever or the Under to Over Lever.



(1) Grasp your opponent's elbow with one hand and push it inward, gaining power by simultaneously turning your shoulders.



(2) With your free hand first, use the space this has created to wedge both hands into the Inside Control position.



CLINCH FIGHTING—PUMMELING

DOUBLE ELBOW LIFT

Fighters use the Double Elbow Lift when their opponents squeeze their elbows together very tightly.



(1) Grasp both of your opponent's elbows.



(2) Position your hips under your opponent's elbows, and straighten his arms by pushing them both upward.



(3) Use the space this has created to wedge one hand at a time into the Inside Control position.



CLINCH FIGHTING—KNEE STRIKES, ATTACK

LONG KNEE

The Long Knee is a strike that is used when there is space between the fighter and his opponent and is either directed straight out or slightly rising. At the appropriate range, the fighter can pull his opponent toward him to enhance its effectiveness.



(1) Begin in Inside Control.



(2) Pull opponent toward you, while driving your knee into his body and thrusting forward with your hips.

CLINCH FIGHTING—KNEE STRIKES, ATTACK**UP KNEE**

The Up Knee is a rising strike usually to the head, but occasionally to the chest and stomach. It can be thrown either directly to the front or to the side, but is typically thrown at very close range. This technique is most effective when the opponent has a bad posture.



(1) Begin in Inside Control.



(2) Pull your opponent's head toward your knee. Drive the top of your knee into his chest or head.

CLINCH FIGHTING—KNEE STRIKES, ATTACK

ROUND KNEE

The Round Knee, sometimes called the curved knee, is a strike that typically comes from the side into the ribs. It can either be a horizontal strike or slightly rising. This strike is commonly used when there is little or no space between the fighter and his opponent (no space to use the Long Knee or Up Knee).



(1) Begin in Inside Control.



(2) Lift your knee at a 90-degree angle from your opponent. Strike his thigh or ribs with the inside of your knee.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

HIP CHECK

In the clinch, a fighter's opponent can throw knee strikes. A fighter can defend these strikes using a Hip Check. This move is the best defense against the Round Knee.



Keep a good posture. Move your hip inside of the strike. Your hip will meet the strike on your opponent's inner thigh. This reduces your opponent's ability to strike.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

PULL TOWARD THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him toward the knee he is striking. This forces him to put his foot down to maintain his balance.

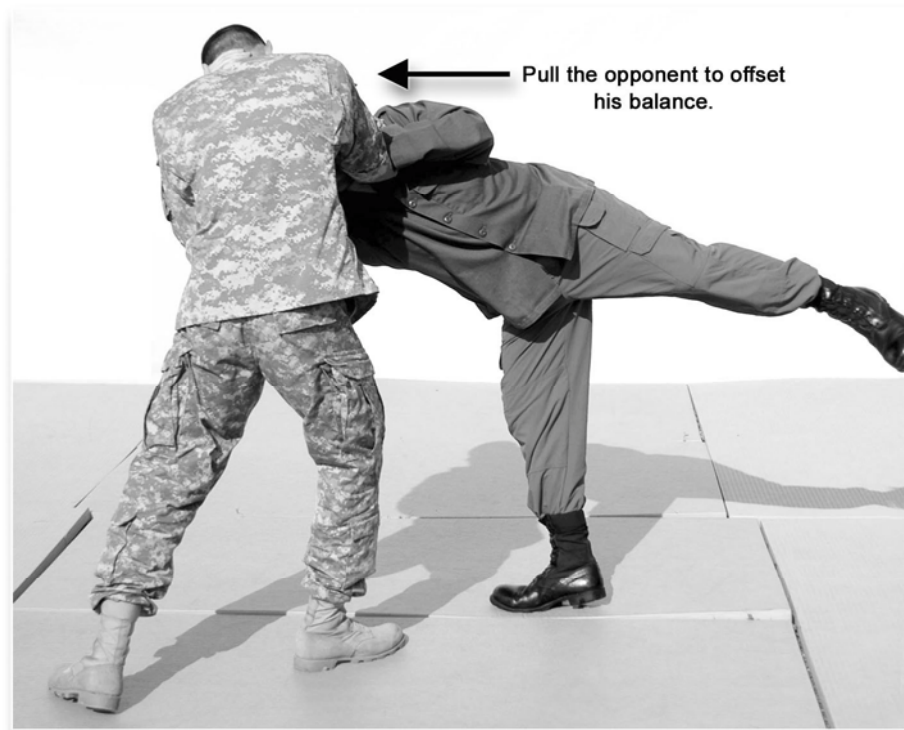


(1) When your opponent picks up his leg to attempt a knee strike, pull him toward the leg he is attempting to strike with. He will be forced to place it on the ground to avoid falling.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

PULL AWAY FROM THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him away the knee he is striking. This forces him to put his foot down to maintain his balance.



(1) If your opponent is leaning away from the leg with which he is attempting to strike you, you may not be able to pull him toward it. However, you may be able to pull him in the other direction (away from the knee) and force him to step backward to avoid falling.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

HAND CHECK

The Hand Check should be used sparingly because it exposes the fighter to head strikes.



(1) When you feel your opponent pull backward in preparation for a knee strike, pull your hand away, and stop the strike by blocking his hip. Immediately replace your hand to a control position on top of your opponent's controlling arm to avoid exposing yourself to hand or elbow strikes.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

KNEE LIFT AND GRAB

The fighter uses this technique to mitigate an opponent's knee strikes. This technique ends in a position that gives the fighter several options, including the takedown.



(1) As your opponent's knee strike comes in, position your knee under his leg, and grasp his leg with your arm.

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

TILT THE HEAD

An opponent must have good posture to strike effectively. To affect his opponent's posture, a fighter can control his opponent's upper body by tilting his head.



(1) Assume the Inside Control position. As your opponent's knee strike comes in, control his ability to strike by tilting his head.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK, TURN DOWN

When used as a defense, the Hip Check is effective in taking the opponent off-balance by transitioning all of his weight over the outside of his foot.



(1) Stop your opponent's attempted knee strike with a Hip Check.



(2) Turn your opponent in a tight circle away from his striking leg, and pull downward.



CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL TOWARD THE KNEE, INSIDE HOOK

If a fighter defends against a knee strike by pulling his opponent toward the strike, he may be able to attack with an inside trip.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Sweep your opponent's posted leg with the back of your calf just as his other leg touches the ground.



CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, SWEEP

When in the clinch, an opponent may throw knee strikes. If this occurs, the fighter pulls his opponent away from the strike, steps through, and executes a sweep.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Step through the space between you and the opponent.



(3) Execute a sweep with your opposite-side foot.



CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, THROW

This technique is similar to Pull Away from the Knee, Sweep, except that the fighter steps across the opponent to finish the throw.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Step through the space between you and the opponent.



(3) Execute a throw with your opposite-side leg or hip.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HAND CHECK, KNEE STRIKE, SNAP DOWN

When a fighter blocks a knee strike with a Hand Check, he may be able to land knee strikes of his own or perform a takedown that will introduce new opportunities for strikes or transitions to dominant body positions.



(1) Stop your opponent's attempted knee strike by checking his hip with your hand.



(2) When your opponent's leg touches the ground, land your own knee strike.



(3) Immediately, snap your opponent forward.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

KNEE LIFT FROM MODIFIED SEATBELT CLINCH

When a fighter has assumed the Seatbelt Clinch, he can land knee strikes effectively to his opponent's torso. If his opponent tries to strike back, his weight will come up with the strike, enabling the fighter to take him off his feet by bumping his post leg.



(1) Assume the Modified Seatbelt Clinch. Control your opponent's far-side arm at the biceps, as in the Neck and Biceps clinch position. Attack his midsection with knee strikes. As he tries to counter with knee strikes of his own, his weight will come forward.

(2) Lift your opponent with your thigh that is behind his posted leg, and take him down to his back.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES**50/50, CATCH AND LIFT**

When a fighter is in the 50/50 position with his hand inside of his opponent's legs, he can defend against the Round Knee by circling his arm under his opponent's leg to control it. Then, the fighter can lift his opponent and take him down, enabling the fighter to assume a dominant position. This technique is most effective from the 50/50 position because the position forces the opponent to throw knees on the same side that the fighter has overtaken.



(1) Begin in the 50/50 position.



(2) If your opponent tries to land an up knee to your head, hook his leg with your blocking arm.



(3) Lift your opponent with your opposite thigh. Take your opponent down, and assume Side Control.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

COUNTER TO INSIDE CONTROL, CATCH AND LIFT

Sometimes, a fighter's opponent will attempt a knee strike to the fighter's midsection or head as the fighter uses Counter to Inside Control. In this instance, the fighter should use Counter to Inside Control, Catch and Lift.



(1) Begin in the counter to Inside Control.



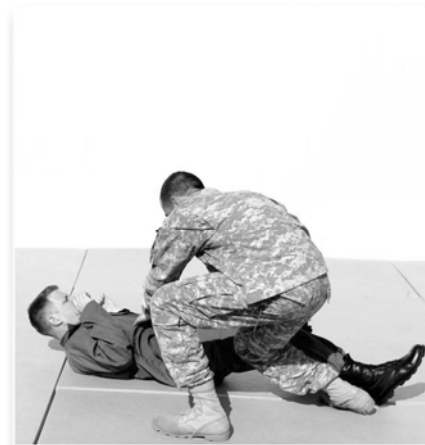
(2) As your opponent throws the knee, counter by circling your bottom hand under his knee.



(3) Have a good posture, and take your opponent off of his feet.



(4) While lifting, drive your top arm into your opponent's neck. Transition his center of gravity over his posted foot.



(5) Finish in a dominant body position.

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK ENTRY FOR HIP TOSS

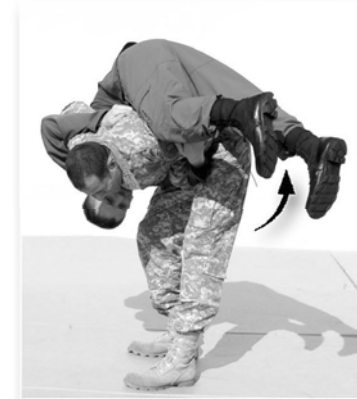
After a fighter checks a round knee with his hip, he can execute a hip throw. If a fighter repeatedly uses a Hip Check to block a Round Knee, he can insert his hip farther for shallow hip-throwing techniques.



(1) Begin in the 50/50 position.



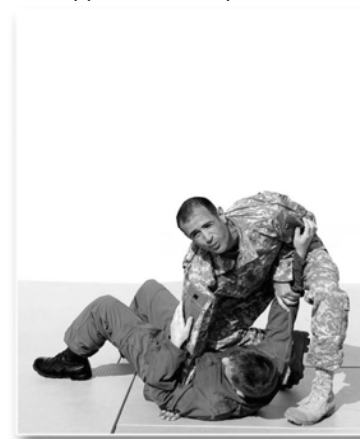
(2) Insert your hip. Slide the center of your tailbone to your opponent's far leg, keeping your heels together. Move your arm from under your opponent toward his head.



(3) Throw your opponent by pulling down on your overhooked hand just above your opponent's elbow. Move your underhooked hand deep into your opponent's armpit.



(4) Use your hips to raise your opponent into the air.



(5) Finish with the Knee Mount.

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Chapter 6

CONTACT WEAPONS

Contact weapons include thrusting weapons, bludgeoning weapons, and short-range weapons. This chapter also covers grappling with weapons.

SECTION I — THRUSTING WEAPONS

Thrusting weapons are those weapons which are designed to stab from a long range. The most commonly used thrusting weapon is the rifle with a fixed bayonet.

-
- NOTES:**
1. All positions and movements described in this manual are for right-handed fighters. Left-handed fighters or fighters who desire to learn left-handed techniques must use the opposite hand and foot for each movement described.
 2. All positions and movements can be executed with or without the magazine and/or sling attached.
-

ATTACK

6-1. To attack and defeat opponents with a rifle and fixed bayonet, fighters must use proper body positioning and body movements, and attack with enough force to disable the opponent.

BODY POSITIONING

6-2. The Attack Position is the basic starting position from which all attack movements originate. It generally parallels a Boxer's Stance.

BODY MOVEMENTS

6-3. When attacking, fighters must remain alert to counterattacks from all directions and determine the greatest immediate threat. If attacked from behind, fighters execute a Whirl Movement.

-
- NOTES:**
1. When performing certain movements, two ranks will move toward each other. When the Soldiers in ranks come too close to each other to safely execute additional movements, a crossover movement is used to move the ranks a safe distance apart. On the command "CROSSOVER," the fighter and opponent move straight forward and, as they pass each other, the fighter's right shoulder passes the opponent's right shoulder. The fighter and the opponent continue moving forward about six steps, halt, and without command, execute the whirl. Then, they remain in the attack position and wait for further commands.
 2. Left-handed personnel cross left shoulder to left shoulder.
-

ATTACKING WITH FORCE

6-4. Instinctive, aggressive action and balance are the keys to offense with the rifle and bayonet. There are four attack movements designed to defeat or disable the opponent:

- Thrust.
- Butt stroke.
- Slash.
- Smash.

6-5. Each of these movements may be used for the initial attack or as a counterattack, should the initial movement fail to find its mark.

MODIFIED MOVEMENTS

6-6. Two attack movements have been modified to enable the fighter to slash or thrust at an opponent without removing his hand from the weapon's pistol grip:

- Modified Thrust.
- Modified Slash.

FOLLOW-UP MOVEMENTS

6-7. If the initial thrust, butt stroke, slash, or smash fails to make contact with the opponent's body, the fighter should instinctively follow up with additional movements until he has disabled or captured the opponent. Follow-up movements are attack movements that naturally follow from the completed position of the previous movement. For example—

- PARRY LEFT, BUTT STROKE TO THE HEAD, SMASH, SLASH, ATTACK POSITION.
- PARRY LEFT, SLASH, BUTT STROKE TO THE KIDNEY, ATTACK POSITION.
- PARRY RIGHT, THRUST, BUTT STROKE TO THE GROIN, SLASH, ATTACK POSITION.

DEFENSE

6-8. When faced with an opponent who does not present a vulnerable area to attack, the fighter can make an opening by initiating a parry or block movement, and then follow up with an attack. The follow-up attack must be immediate and violent.

CAUTION

To minimize weapon damage using blocks and parries, limit weapon-to-weapon contact to half speed during training.

PARRY MOVEMENTS

6-9. The objective of the parry movement is to counter the opponent's thrust, throw him off balance, and hit a vulnerable area of his body. Timing, speed, and judgment are essential factors in these movements. There are two parry movements:

- Parry Right.
- Parry Left.

BLOCKS

6-10. When surprised by an opponent, the block is used to cut off the path of his attack by making weapon-to-weapon contact. A block must always be followed immediately with an attack. Striking the opponent's weapon with enough power to throw him off balance. There are three blocks that you can use to counter an opponent's attack:

- High.
- Low.
- Side.

SECTION II — BLUDGEONING WEAPONS

Bludgeoning weapons are any weapon that is utilized in a swinging or arcing type of attack. This can include anything from a club to whatever is at hand. Attacks with enough power to be dangerous can only come in at predictable and classifiable angles of attack. This allows defensive maneuvers and counter attacks to be trained.

CAUTION

Safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.

ELEMENTS OF MOVEMENT

6-11. Three elements of movement are crucial to the proper employment of bludgeoning weapons:

- Grip.
- Position.
- Motion.

GRIP

6-12. The fighter should grip the bludgeoning weapon similar to gripping the handle of a knife, but at a comfortable distance, approximately one hand length from the lower end.

POSITION

6-13. Two positions enable fighters to employ attacks and defenses, and maximize the power and momentum of each swing:

- Rooftop.
- Umbrella.

MOTION

6-14. Stationary targets are easy targets; when fighting with bludgeoning weapons, fighters must remain in constant motion. The Figure Eight movement keeps the opponent from predicting the fighter's next movement, maintains momentum, and keeps the fighter's hands from becoming an easy target.

ATTACKING

6-15. When striking with a bludgeoning weapon, achieve maximum power by using the entire body weight behind each blow and make each strike along proper angles of attack. The desired point of contact of the weapon is the last 2 inches at the tip.

ANGLES OF ATTACK

6-16. The primary targets for striking with bludgeoning weapons are the vital body points (Figure 6-1): the head, arms, hands, and at knee level, and other bony protuberances. Soft targets include the side of the neck, jugular notch, and solar plexus. Two types of strikes involve the angles of attack:

- Power Line Strikes.
- Drift Shots.

NOTE: See Appendix B for angles of attack drills.

Power Line Strikes

6-17. Fighters use power line strikes to maximize the power of their strikes, while minimizing the time needed to recover. The four power line strikes are—

- Right to Left, Diagonal.
- Left to Right, Diagonal.
- Right to Left, Horizontal.
- Left to Right, Horizontal.

NOTE: All power line strikes should be on the open line for quick recovery.

Drift Shot

6-18. Fighters use drift shots to strike at their opponents' lower extremities.

DEFENDING

6-19. Fighters use these defenses when facing opponents armed with bludgeoning weapons. These defenses include—

- Center Line Block.
- Umbrella Block.
- Rooftop Block.

6-20. These blocks enable the fighter to fend off the attack by blocking or diverting the opponent's attack. The sympathy hand of the fighter may be able to grab the opponent's weapon or strike the opponent.

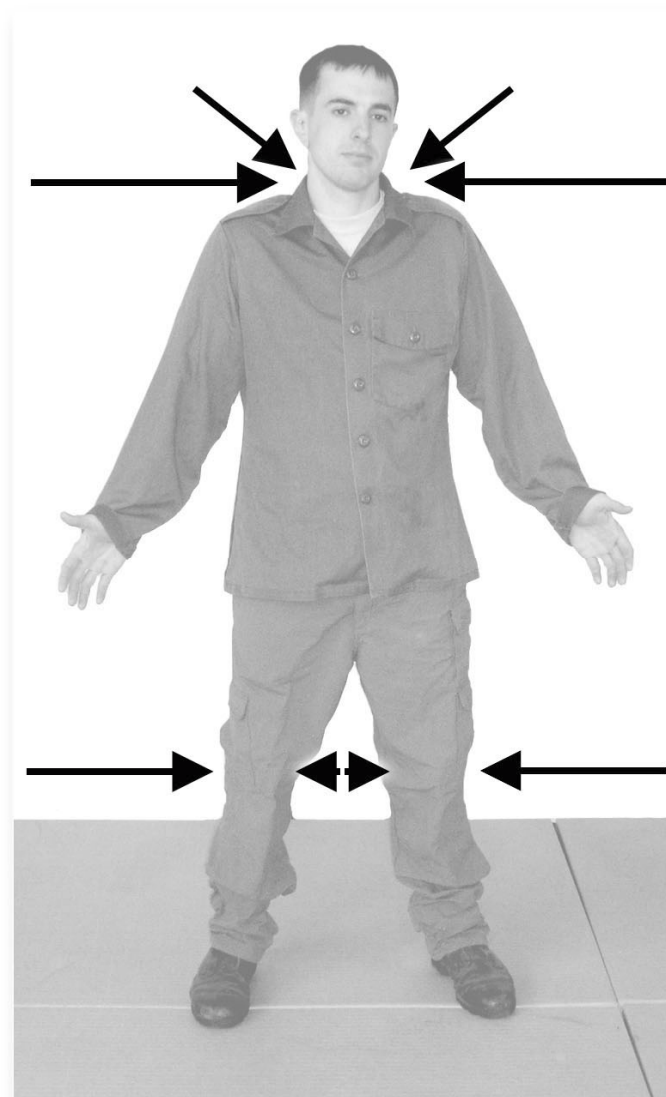


Figure 6-1. Bludgeoning weapon—angles of attack.

SECTION III — SHORT-RANGE CONTACT WEAPONS

Often Soldiers have one or more short-range contact weapons, such as knives or unattached bayonets, but lack the training to use them effectively. However, the skills learned from short-range contact weapon can be invaluable when facing an opponent within grappling range.

BAYONETS

6-21. Standard military issued bayonets usually have longer blades than knives. Unattached, the fighter has more extension in which to attack an opponent. Attached to a rifle, the fighter has even more range.

KNIVES

6-22. Knives come in varied designs and have multiple uses. After that comes making the best use of its design features, and striking where it can cause the greatest damage.

NOTE: Although this section covers attacking with knives, it does not cover types of knives you could carry or where you should best store them. If you do carry a knife, place it where accessing it can be done quickly when grappling with an opponent. Remembering, what you can quickly access, so can an opponent.

GRIPS

- 6-23. A fighter can hold the knife using two grips:
- Straight grip.
 - Reverse grip.

ATTACKS

- 6-24. All knife attacks fall into two basic categories:
- Slashing.
 - Stabbing.

Slashing Attacks

6-25. Slashing type attack, where there is an attempt to cut the enemy with the blade of the weapon, are seldom fatal but can be useful tactically to create openings for more decisive attacks. They can also be done without full commitment to the attack. It is important to remember that against even a very sharp blade, typical heavy clothing serves as armor against slashing type attacks and that during a life and death struggle people are capable of ignoring wounds that are not immediately debilitating. However, slashes against an enemy's hands or face can be very effective in eliciting action and creating openings.

Stabbing Attacks

6-26. Stabbing type attacks are much more likely to be fatal although they require much more commitment to the attack. Stabbing type attacks are most effective when directed around the body's natural body armor, such as under the rib cage or the front of the neck.

DEFENDING

6-27. An enemy may approach you with knife in hand, or after making contact, reach for one hidden on their person. You must therefore assume that any enemy may be armed. The surest way to do this is to gain and maintain control.

Control

6-28. The first lesson in defending against any form of short-range contact weapon is to gain and maintain control of the enemy. A free hand which may not present much of a danger from a grappling perspective could be holding a knife.

NOTE: An example of how you may train for this during ground grappling is to use a low power stun gun to represent a bladed weapon, or a rubber knife coated with chalk. Both will provide feedback on how well you control the situation. The stun gun will provide immediate feedback by causing pain from receiving electrical shock, whereas, the coated knife will leave telltale marks.

Disarms

6-29. Since the stakes for failure are so high, the safer disarming techniques should be attempted first, only moving to the more dangerous techniques by necessity.

6-30. Disarms include—

- Strikes.
- Leverage.
- Extension.

SECTION IV — GRAPPLING WITH WEAPONS

The grappling range begins at the distance an opponent can reach the fighter before he can evaluate the threat, bring his weapon to bear, and decide whether to use deadly force. In this situation, the fighter may be too close to the opponent for any other action than rush in to him. If the fighter is armed, the fight will immediately become a contest of who can gain control of the weapon.

NOTE: Struggling with an unarmed opponent, can be just as dangerous, if not more so. With both hands free, the opponent may try and take your primary weapon from you, or any secondary weapons you may be carrying (i.e., sidearm, knife, hand grenades, etc.) Any advantage of being armed can quickly disappear if fighters have not practiced in grappling over weapons.

PRIMARY WEAPONS

6-31. Becoming engaged in a hand-to-hand struggle while armed with an M16 or M4 carbine is the most likely situation Soldiers will encounter. Two situations could occur with close encounters—the enemy grabs your weapon or you block and separate them from theirs. In the event of an armed opponent, you have the following options:

- Muzzle strike.
- Tug of war.
- Rush the opponent.

SECONDARY WEAPONS

6-32. If a fighter is faced with a situation where he cannot employ his primary weapon, but has a secondary weapon, he can choose standing or ground grappling to gain control by subduing or dispatching the opponent.

STANDING GRAPPLING

6-33. Standing grappling is the easier of the two techniques and is used to control an opponent while transitioning to a secondary weapon.

GROUND GRAPPLING

6-34. If the fight should go to the ground before a fighter has deployed his weapon, his primary concern must be to gain a position that allows him to employ his weapon, while keeping his opponent from employing his.

THRUSTING WEAPONS— ATTACK, BODY POSITIONING

ATTACK POSITION

The Attack Position is the basic starting position from which all attack movements originate. It generally parallels a Boxer's Stance.



(1) Hold the rifle firmly but not rigidly. Relax all muscles not used in a specific position; tense muscles can cause fatigue. Take a step forward and to the side with your left foot so that your feet are a comfortable distance apart.

(2) Hold your body erect or bend slightly forward at the waist. Flex your knees, and balance your body weight on the balls of your feet. Hold your right forearm parallel to the ground and your left arm high, generally in front of the left shoulder. Maintain eye contact with your opponent, watching his weapon and body through peripheral vision.

(3) Hold your rifle diagonally across your body at a sufficient distance from your body to add balance and to protect you from your opponent's blows. Grasp the weapon in your left hand just below the upper sling swivel, and place your right hand at the small of the stock. Ensure the sling faces outward and the cutting edge of the bayonet is toward your opponent.

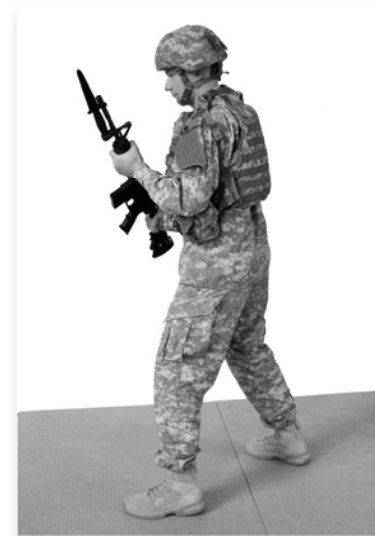
THRUSTING WEAPONS— ATTACK, BODY MOVEMENTS

WHIRL MOVEMENT

When properly executed, the Whirl Movement allows the fighter to meet a challenge from an opponent attacking from the rear.



(1) Spin around by pivoting on the ball of the lead foot in the direction of the lead foot.



(2) At the completion of the whirl, assume the attack position.

THRUSTING WEAPONS— ATTACK, ATTACKING WITH FORCE

THRUST

The objective of the Thrust is to disable or capture an opponent by sticking the bayonet blade into a vulnerable part of his body.



(1) Lunge forward on your lead foot, and drive the bayonet into any unguarded part of your opponent's body.



(2) Grasp the rifle firmly with both hands. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.



(3) Quickly extend your arms and body as your lead foot strikes the ground so that the bayonet penetrates your target.



(4) Withdraw the bayonet by keeping your feet in place, shifting your body weight to the rear, and pulling rearward along the same line of penetration.



(5) Assume the attack position in preparation to continue the assault.

THRUSTING WEAPONS— ATTACK, ATTACKING WITH FORCE BUTT STROKE TO THE HEAD

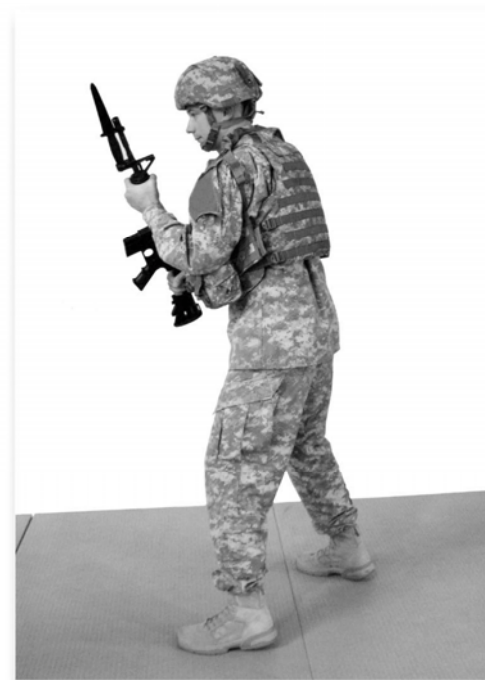
The objective of this technique is to disable or capture an opponent by delivering a forceful blow to his head with the rifle butt.



(1) Step forward with your trail foot.



(2) At the same time, use your left hand as a pivot to swing the rifle in an arc and drive the rifle butt into your opponent.



(3) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS— ATTACK, ATTACKING WITH FORCE BUTT STROKE TO THE GROIN

The objective of this technique is to disable or capture an opponent by delivering a forceful blow to his groin with the rifle butt.



(1) Step forward with your trail foot.



(2) At the same time, use your left hand as a pivot to swing the rifle in an arc and drive the rifle butt into your opponent.



(3) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS— ATTACK, ATTACKING WITH FORCE SLASH

The objective of the Slash is to disable or capture the opponent by cutting him with the blade of the bayonet.



(1) Step forward with your lead foot.



(2) At the same time, extend your left arm, and swing the knife edge of your bayonet forward and down in a slashing arc.



(3) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS— ATTACK, ATTACKING WITH FORCE

SMASH

The objective of the Smash is to disable or capture an opponent by delivering a forceful blow to his face with the rifle butt. The Smash is often used as a follow-up to a Butt Stroke.



(1) Push the butt of the rifle upward until horizontal.



(2) Push the butt of the rifle above the left shoulder, with the bayonet pointing to the rear, sling up. The weapon is almost horizontal to the ground at this time.



(3) Step forward with the trail foot and forcefully extend both arms, slamming the rifle butt into your opponent.



(4) Recover by bringing your trail foot forward.

(5) Assume the attack position.

THRUSTING WEAPONS— ATTACK, MODIFIED MOVEMENTS

MODIFIED THRUST

The Modified Thrust is identical to the Thrust with the exception of the right hand grasping the pistol grip.



(1) Grasp the rifle firmly with the firing hand on the pistol grip and the non-firing hand on the forward hand grips. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.

(2) Lunge forward on your lead foot, and drive the bayonet into any unguarded part of your opponent's body.

(3) Quickly extend your arms and body as your lead foot strikes the ground so that the bayonet penetrates your target.

(4) Withdraw the bayonet by keeping your feet in place, shifting your body weight to the rear, and pulling rearward along the same line of penetration.

(5) Assume the attack position in preparation to continue the assault.

THRUSTING WEAPONS— ATTACK, MODIFIED MOVEMENTS

MODIFIED SLASH

The Modified Slash is identical to the Slash with the exception of the right hand grasping the buttstock.



(1) Grasp the rifle firmly with the firing hand on the buttstock and the non-firing hand on the forward hand grips. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.

(2) Step forward with your lead foot.

(3) At the same time, extend your left arm, and swing the knife edge of your bayonet forward and down in a slashing arc.

(4) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS— DEFENSE, PARRY MOVEMENTS

PARRY RIGHT

If the opponent carries his weapon on his right hip (right-handed), the fighter will parry right.



(1) Step forward with your lead foot.



(2) Strike the opponent's rifle, deflecting it to your right.



(3) Follow up with a Thrust, Slash, or Butt Stroke.

THRUSTING WEAPONS— DEFENSE, PARRY MOVEMENTS

PARRY LEFT

If the opponent carries his weapon on his left hip (left-handed), the fighter will parry left.



(1) Step forward with your lead foot.



(2) Strike the opponent's rifle, deflecting it to your left.



(3) Follow up with a Thrust, Slash, or Butt Stroke.

THRUSTING WEAPONS— DEFENSE, BLOCKS

HIGH BLOCK

The High Block is used to ward off an armed opponent's attempt at using his weapon for a downward slashing movement.



(1) An armed opponent attempts to use a downward slashing movement.



(2) To block the movement, extend your arms upward and forward at a 45-degree angle. This action deflects an opponent's slash movement by causing his bayonet or upper part of his rifle to strike against the center part of your rifle.



(3) Counterattack the block with a Thrust, Butt Stroke, Smash, or Slash.

THRUSTING WEAPONS— DEFENSE, BLOCKS

LOW BLOCK

The Low Block is used to ward off an armed opponent's attempt to Butt Stroke the groin area.



(1) An armed opponent attempts to Butt Stroke the groin area.



(2) To block the movement, extend your arms downward and forward about 15 degrees from your body. This action deflects the opponent's butt stroke by causing the lower part of his rifle stock to strike against the center part of your rifle.



(3) Counterattack the block with a Thrust, Butt Stroke, Smash, or Slash.

THRUSTING WEAPONS— DEFENSE, BLOCKS

SIDE BLOCK

The Side Block is used to ward off an armed opponent's attempt to Butt Stroke your upper body or head.



(1) An armed opponent attempts to Butt Stroke the stomach or side area.



(2) To block the movement, extend your arms with your left hand high and right hand low, holding the rifle vertically. Push the rifle to your left to cause the butt of the opponent's rifle to strike the center portion of your rifle.



(3) Counterattack the block with a Thrust, Butt Stroke, Smash, or Slash.

BLUDGEONING WEAPONS—ELEMENTS OF MOVEMENT, GRIP

ONE-HANDED GRIP

How the fighter holds the weapon determines the amount of swing force that can be applied, and the flexibility to block while maintaining a firm grip on the weapon.



Hold the weapon as you would hold a knife.

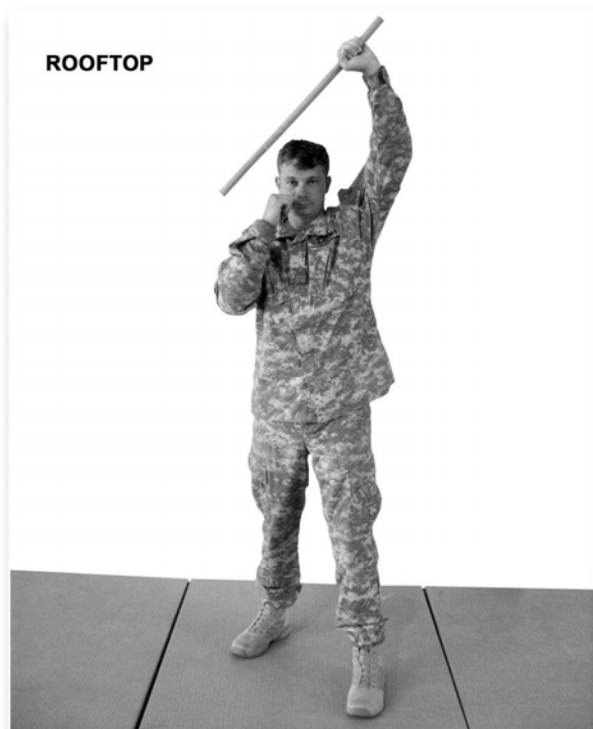
Do not hold the weapon at the end, but at a comfortable distance from the butt end.

BLUDGEONING WEAPONS—ELEMENTS OF MOVEMENT, POSITION

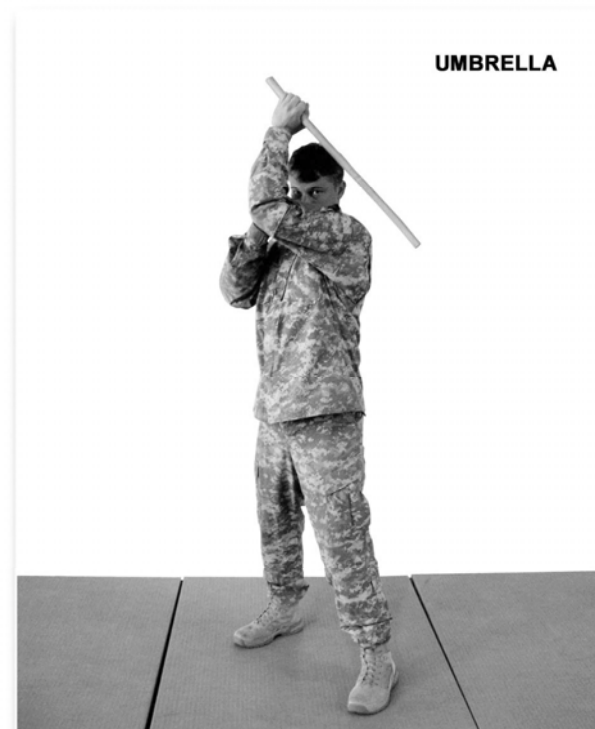
ROOFTOP/UMBRELLA

The Rooftop and Umbrella positions enable fighters to employ attacks and defenses and maximize the power of each swing.

NOTE: The fighter should initiate each swing by swinging the bludgeoning weapon around his head. This maximizes the force and momentum of each swing.



Raise your dominant hand (the hand holding the weapon). Tilt the weapon and bend the arm so the weapon is positioned near your sympathetic hand.

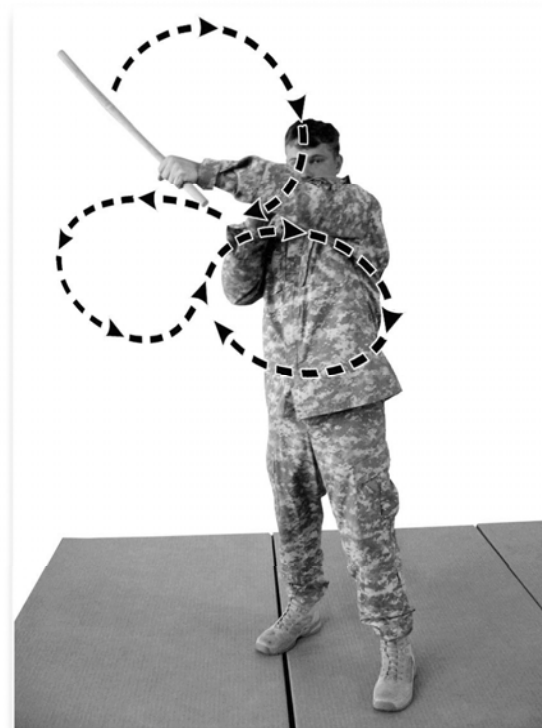
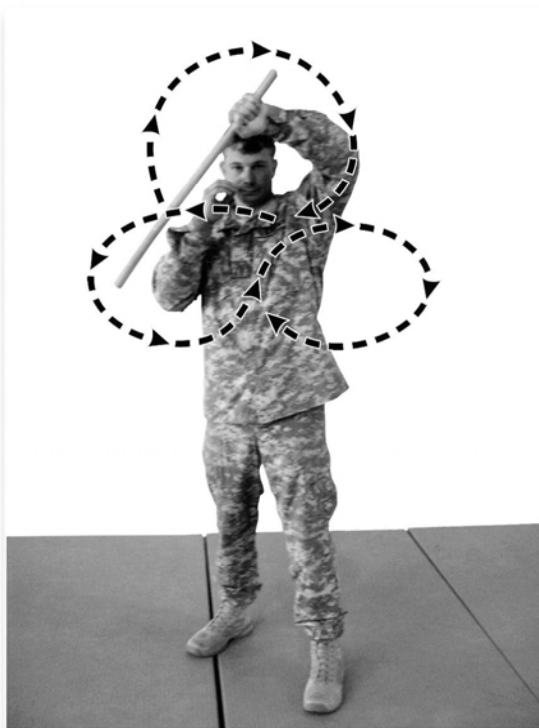


Move your dominant hand (the hand holding the weapon) across your chest. Raise your dominant hand. Tilt the weapon and bend the arm so the weapon is positioned opposite your sympathetic hand.

BLUDGEONING WEAPONS—ELEMENTS OF MOVEMENT, MOTION

FIGURE EIGHT

The Figure Eight movement keeps the opponent from predicting the fighter's next movement, maintains momentum of force behind the attack, and puts the fighter in a position to attack or block the opponent's attack, while keeping the fighter's hands from becoming an easy target.



Leading with the end of the weapon, rotate the weapon in front of you from left to right or right to left (dominant hand dependant), maintaining a constant "figure eight" motion.

BLUDGEONING WEAPONS—ATTACKING, POWER LINE STRIKES LEFT TO RIGHT, DIAGONAL

The Power Line Strike is a basic bludgeoning weapon attack.

NOTE: All power line strikes should be on the open line for quick recovery.



(1) Stand in the open line, with your left foot forward.



(2) Swing the weapon left to right, diagonally.



(3) Continue with the natural momentum of the swing.

BLUDGEONING WEAPONS—ATTACKING, POWER LINE STRIKES RIGHT TO LEFT, DIAGONAL

The Power Line Strike is a basic bludgeoning weapon attack.

NOTE: All power line strikes should be on the open line for quick recovery.



(1) Stand in the open line, with your right foot forward.



(2) Swing the weapon right to left, diagonally.

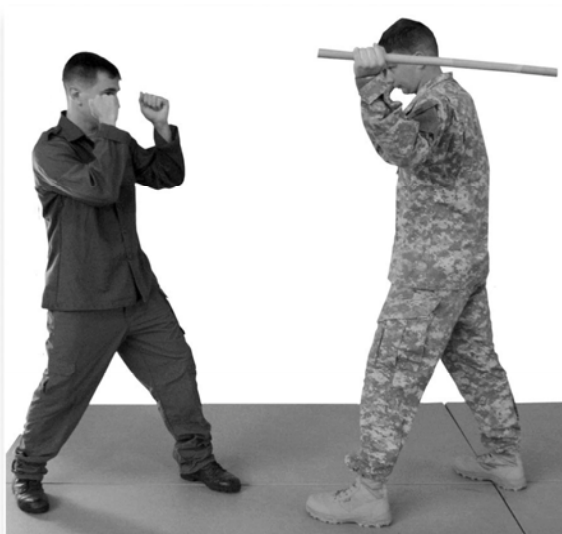


(3) Continue with the natural momentum of the swing.

BLUDGEONING WEAPONS—ATTACKING, POWER LINE STRIKES LEFT TO RIGHT, HORIZONTAL

The Power Line Strike is a basic bludgeoning weapon attack.

NOTE: All power line strikes should be on the open line for quick recovery.



(1) Stand in the open line, with your left foot forward.



(2) Swing the weapon left to right, horizontally, at your opponent's head.



(3) Continue with the natural momentum of the swing.

BLUDGEONING WEAPONS—ATTACKING, POWER LINE STRIKES RIGHT TO LEFT, HORIZONTAL

The Power Line Strike is a basic bludgeoning weapon attack.

NOTE: All power line strikes should be on the open line for quick recovery.



(1) Stand in the open line, with your right foot forward.

(2) Swing the weapon right to left, horizontally, at your opponent's head.

(3) Continue with the natural momentum of the swing.

BLUDGEONING WEAPONS—ATTACKING DRIFT SHOT

The Drift Shot enables the fighter to change the level of attack.



(1) Stand in the open line.



(2) Change your level by squatting.

NOTE: DO NOT bend at the waist.



(3) Swing at your opponent's lead leg.



(4) Continue with the natural momentum of the swing, and return to the open line.

BLUDGEONING WEAPONS— DEFENDING, DEFENDING AGAINST A BLUDGEONING WEAPON

CENTER LINE BLOCK

Fighters use Center Line Blocks to deflect attacks.



(1) Stand in the open line.



(2) Step into the direction of the swing, absorb the blow from your opponent's weapon with your weapon, and push away from yourself.



NOTE: According to the weight of your opponent's weapon, you can brace your weapon with your sympathetic hand.

BLUDGEONING WEAPONS— DEFENDING, DEFENDING AGAINST A BLUDGEONING WEAPON

ROOFTOP BLOCK

Fighters use the Rooftop Block to close the distance and "crash" (initiate a strike) with their opponents.



(1) Stand in the open line.



(2) Your opponent attempts to strike.



(3) Raise your dominant hand (the hand holding the weapon). Tilt the weapon and bend the arm so the weapon is positioned near your sympathetic hand.

BLUDGEONING WEAPONS— DEFENDING, DEFENDING AGAINST A BLUDGEONING WEAPON

UMBRELLA BLOCK

Fighters use the Umbrella Block to close the distance and "crash" (initiate a strike) with their opponents.



(1) Stand in the open line.



(2) Your opponent attempts to strike.



(3) Move your dominant hand (the hand holding the weapon) across your chest. Raise your dominant hand. Tilt the weapon and bend the arm so the weapon is positioned opposite your sympathetic hand.

SHORT-RANGE CONTACT WEAPONS—KNIVES, GRIPS

STRAIGHT GRIP

The Straight Grip is primarily used for thrusting or slashing.

Hold the knife in your strong hand, forming a "V" with the handle resting diagonally across your palm. This allows the knife to fit naturally in your hand, as in gripping for a handshake.



Point the blade toward your opponent, usually with the cutting edge down. You can hold the cutting edge vertically or horizontally.

SHORT-RANGE CONTACT WEAPONS—KNIVES, GRIPS

REVERSE GRIP

The Reverse Grip is used for slashing, stabbing, and tearing. It also affords the most power for lethal insertion.



Grip the knife handle with your strong hand, holding the blade parallel with your forearm, with the cutting edge facing outward. This grip conceals the knife from your opponent's view.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS STRIKES

The safest disarming technique is to strike at the hand or wrist of the extended arm.



Strike at the hand or wrist of the extended arm using an arching strike, such as a downward hammer fist.

NOTE: This should be done at the apex of the extension.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS

LEVERAGE

To disarm his opponent, the fighter can use leverage on the opponent's weapon or extended arm. There are two methods. The first method is to attack the weakness in the opponent's grip. Slightly more dangerous, but more likely to work, is to attack the grip itself.

ATTACK THE WEAKNESS IN THE OPPONENT'S GRIP



Reverse Side Views



Strike the blade with the palm of one hand and the back of your opponent's hand with the other in order to drive the handle of the weapon through the weakest point of the grip at the fingers.

ATTACK THE GRIP ITSELF



Side Views



(looking from overhead)

Strike the back of your opponent's hand with the palm of one hand and the inside of his wrist with the other. This action bends the wrist joint, which causes the grip on the weapon to loosen.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS

EXTENSION

Another method is to catch the arm or hand holding the weapon while extended and pull on it. Remember that the enemy had to extend with intent in order to be a threat. This gives you the opportunity to cause him to overextend. Overextension makes possible many techniques that seem impossible without the dynamics of a real fight. For example, a fighter could attack the elbow joint while maintaining control of the weapon hand.



1. The opponent lunges forward with the arm and knife extended.



2. Sidestep outside, and grasp the back of the opponent's wrist.



Slam into the
opponent's
elbow.



Reverse View.

3. With the opponents arm extended, step toward the opponent, at the same time, slamming the palm of the opposite hand at the joint of the opponent's elbow, with enough force to break the arm.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

MUZZLE STRIKE

A fighter may use a Muzzle Strike to maintain distance between himself and his opponent or to subdue his opponent.



Use the muzzle of your weapon to jab an opponent's stomach, throat, face, or groin to stop or drop an opponent.

NOTE: If the opponent is armed with a rifle, you may have to misdirect or block his weapon, and then jab with the muzzle of your weapon.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

TUG OF WAR

This technique is usually performed when an opponent tries to take the fighter's weapon.

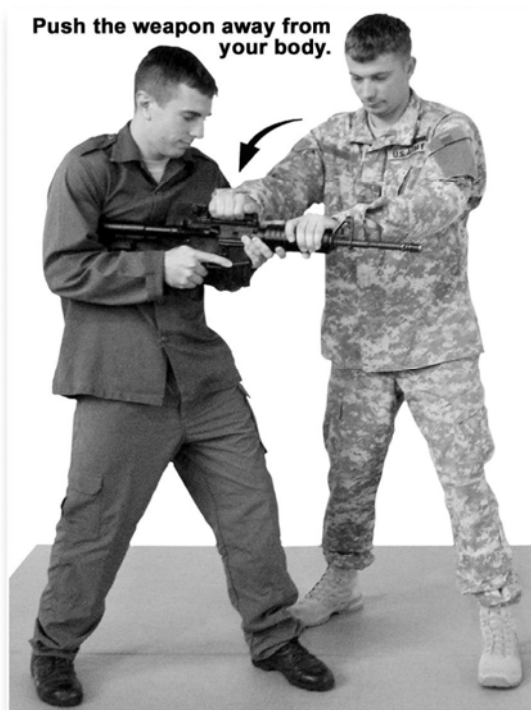


When your opponent grabs your weapon, pull back with your weapon and shift back with your weight. When the muzzle of your weapon is pointing toward your opponent, fire your weapon.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

RUSH THE OPPONENT

This technique is usually performed when an unsuspecting armed opponent appears.



Grab the barrel of the opponent's weapon, and direct it away from your body. Grapple for supremacy of the opponent's weapon, or restrain the opponent long enough for you to access a secondary weapon.

GRAPPLING WITH WEAPONS

STANDING GRAPPLING

The fighter uses Standing Grappling to control an opponent while transitioning to a secondary weapon. If this happens, the fighter should use the frame technique to maintain enough range to access his secondary weapon. For example, against an opponent armed with a firearm, giving any space could allow him to bring his weapon to bear.



(1) Your opponent reaches for your weapon.



(2) With your inside arm, form the frame to create space.



GRAPPLING WITH WEAPONS STANDING GRAPPLING (CONTINUED)



(3) Step away with your outside leg, and bring your weapon to bear. Push your opponent away with your nonfiring hand.

GRAPPLING WITH WEAPONS

GROUND GRAPPLING, OPPONENT REACHES FOR WEAPON WITH ONE HAND

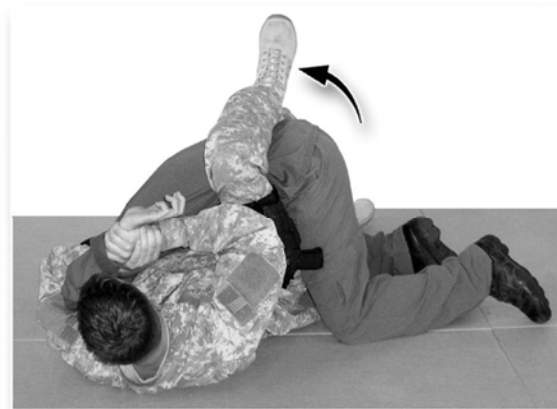
If the fight should go to the ground before a fighter has deployed his weapon, his primary concern must be to gain a position that allows him to employ his weapon, while keeping his opponent from employing his.



(1) Compose your Guard. Place your hand on top of the hand he is reaching with to stop him from gaining control.



(2) Sit up and reach over your opponent's arm to form the Figure Four.



(3) Finish in the Reverse Bent Arm Bar from the Guard.

NOTE: Your opponent may decide to ignore your weapon and attempt to strike you from within your Guard. If this happens, you should defend the strikes in the same manner as you would without a weapon, but favor the weapon side to allow accessing your weapon without risking losing control of it.

GRAPPLING WITH WEAPONS

GROUND GRAPPLING, OPPONENT REACHES FOR WEAPON WITH TWO HANDS

If the fight should go to the ground before a fighter has deployed his weapon, his primary concern must be to gain a position that allows him to employ his weapon, while keeping his opponent from employing his.



(1) Compose your Guard. Place your hand on top of the hand he is reaching with to stop him from gaining control.



(2) Shrimp away from your weapon, turning it underneath you. This will commit his arm, allowing you to drive upward with your hips using the Hip Heist.

NOTE: Your opponent may decide to ignore your weapon and attempt to strike you from within your Guard. If this happens, you should defend the strikes in the same manner as you would without a weapon, but favor the weapon side to allow accessing your weapon without risking losing control of it.



(3) Sweep your opponent.



(4) Clear your opponent's arm with your knee. Draw your weapon.

NOTE: Once mounted, your opponent will probably still be grasping for your weapon. Strike his face to shift his attention.

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Appendix A

COMPETITIONS

The mission of combatives competition is to drive the development of fighting skills throughout the Army by enabling exceptional Soldiers to become champions at all levels and to display courage, discipline, sportsmanship, and esprit de corps through fair competition directly related to the mastery of the Warrior tasks.

SECTION I — THE SPIRIT OF COMPETITION

A look at the history of combatives systems reveals two fundamental misconceptions:

- (1) *Combatives techniques are too dangerous for competition.* Although many techniques are too dangerous for live competition, many benefits can be gained by competing—even when using a limited set of techniques.
- (2) *The risks of competition outweigh the benefits.* Many programs have failed because there was no motivation to train. Competitions are a useful tool to motivate both Soldiers and unit leaders to emphasize combatives training.

COMPETITION PRINCIPLES

A-1. While competitions are powerful training tools, they are a form of athletic competition and, as such, have drawbacks that impact competitors and competition administrators.

COMPETITORS

A-2. The pressures of athletic competition will drive competitors to become focused on winning at competition, not in combat. This pressure will pull them away from the most efficient combat strategies and techniques. To gain the benefits from competition without falling

into a competitive focus, the Army has a graduated system of rules. Those who train specifically for one level of competition will find themselves unprepared for the techniques allowed at the next level.

COMPETITION ADMINISTRATORS

A-3. When sports officials consider a rule change, they must reflect on the safety of the participants and the entertainment value. No one would argue the validity of the first consideration; in all sports, safety should be a priority. The second consideration, however, differs in combatives. The purpose of combatives competition is to produce trained fighters; all rules changes must be made with this principle in mind.

COMPETITION PHILOSOPHY

A-4. The philosophy behind combatives competition is to encourage proper fighting habits. Actions that would give someone an advantage in a real fight should be rewarded, and poor fighting habits should be penalized. The winner of a combatives competition should be the competitor who, if it were a fight without limitations, would have won.

TYPES OF COMPETITION

A-5. There are three types of combatives competitions:

- Open tournaments.
- Command-directed competitions.
- Championships.

A-6. Each accomplishes a different part of the mission to motivate Soldiers to develop their fighting skills.

OPEN TOURNAMENTS

A-7. The purposes of an open tournament are to encourage maximum participation and to give Soldiers a venue to acquire competition experience. Open tournaments address two types of competition:

- Individual.
- Team.

A-8. These types occur at the same time. As individual fighters compete, they represent two parties: themselves as individuals and their command. When the results of individual fighters are tallied, they contribute to their team standings.

NOTE: Weight classes do not apply in open tournaments. Competitors are arranged from lightest to heaviest, and then grouped into brackets according to their current weight. Fighters do not fight outside of their brackets. The winner of a given bracket is the champion.

Individual

A-9. Because inexperienced competitors may not have enough confidence in their skills to participate with more advanced rules and face more experienced competitors, several steps should be taken to encourage participation:

- This competition should use only the basic or standard rules.
- New competitors should not be expected to face past champions or tournament winners. A handicapping system

which segregates past winners and high-level competitors in an advanced bracket should be used.

Team

A-10. Because a program's success is measured more by the level of proficiency of the average Soldier, team points in open tournaments should favor the unit who has more competitors over the unit that has a smaller number of more proficient fighters.

COMMAND-DIRECTED COMPETITIONS

Command emphasis is the key to a successful combatives program and should be posted on the unit training schedules at company and platoon level.

— AR 350-1, *Army Training and Leader Development*

A-11. Every Soldier should be expected to compete. Commanders and NCOs should include combatives competition in their unit PT plans.

CHAMPIONSHIPS

A-12. Championships are a way for commanders to encourage and reward excellence. There are four types of championships in the Army:

- Small unit.
- Large unit.
- Post.
- Army.

NOTE: Other armed forces assigned to Army installations may compete in the Army championships.

A-13. Championships address two types of competition:

- Individual.
- Team.

Individual

A-14. Championships give self-motivated Soldiers opportunities to gain recognition for their efforts and skills.

Team

A-15. All championships should recognize sub-units with more successful programs.

SECTION II — LEVELS OF COMPETITION

There are four levels of combatives competition:

- (1) Basic competition.
- (2) Standard competition.
- (3) Intermediate competition.
- (4) Advanced competition.

Competitors progress through the levels of competition, each level having its own set of rules and personnel. Table A-1 depicts the progression of competitions.

NOTE: More than one level of competition may be addressed in a given tournament. In this case, certain administrative functions may be performed only once (e.g., fighters will weigh in once per tournament, there will only be one tournament director per tournament, etc.); however, the number, required level of certification, and function of staff may change.

Table A-1. Progression of competitions.

LEVEL	BASIC	STANDARD	INTERMEDIATE	ADVANCED
Squad/Platoon	X			
Company	X	X		
Battalion		X	X	
Brigade		X	X	X
Division and higher		X	X	X
NOTE: Experience of Soldiers and number of instructors dictate the level.				

Bracketing is used to determine who advances to the next level. Figure A-1 depicts the bracketing in a given competition.

NOTE: Many wrestling and sports bracketing programs are available.

BASIC COMPETITION

A-16. Basic competition rules are used—

- At the small-unit level. Fire teams, squads, and platoons should use basic competition rules.
- When the participants have a limited knowledge base (e.g., during initial military training or advanced individual training).

NOTE: These competitions must be supervised by a certified Level II instructor.

A-17. Basic competitions can be informal or formal.



Figure A-1. Overall bracketing scheme.

STANDARD COMPETITION

A-18. Standard competition rules are used—

- During open tournaments.
- At the company and battalion levels.
- During the preliminary rounds of regimental and division tournaments.

NOTE: These competitions must be supervised by a certified Level III instructor.

INTERMEDIATE COMPETITION

A-19. Intermediate competition rules are used—

- During the finals at a battalion or regimental championship tournament.
- During the semi-finals at division or higher-level championship tournaments.

A-20. Striking is introduced at the intermediate competition level. Fighters can use open hand strikes to the face, closed fist strikes to the body, kicking with the foot and shin, takedowns, groundfighting techniques with chokes, and joint locks (shoulder, elbow, straight ankle and straight knee) to submit their opponents.

NOTE: These competitions must be supervised by a certified Level IV instructor.

ADVANCED COMPETITION

A-21. Advanced competitions allow for closed fist strikes, kicks with the feet and shins, and knee strikes below the head. In this level, competitors can use takedowns to a dominant body position, groundfighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponents.

A-22. Advanced competition rules are used during the finals for division and higher-level tournaments.

NOTE: Advanced competitions must be staffed by a minimum of four certified Level IV instructors.

SECTION III — COMPETITION LAYOUT

A graduated set of rules allows the best-trained fighters to advance from safer, more restrictive forms of competition to higher risk rule sets, thereby minimizing high risk exposure to the larger population.

NOTE: See Chapter 2 for more information about CRM.

GUIDELINES

A-23. All competitions should adhere to the following guidelines:

- Competitions should be held regularly.
- Competitions should exist at every echelon.
- Warriors who demonstrate superior skills should be able to compete at higher levels.

COMPETITION VENUES

A-24. There are four types of venues for combatives competition:

- Open terrain.
- Matted area.
- Boxing ring.
- Octagonal or circular confined area.

A-25. Table A-2 outlines the types of venues and the level at which they are allowed.

Table A-2. Types of venues and the levels at which they are allowed.

VENUE LEVEL	BASIC	STANDARD	INTERMEDIATE	ADVANCED
Open Terrain	X-Informal			
Matted Area	X-Formal	X	X	
Boxing Ring			X	X
Confined Area			X	X

OPEN TERRAIN

A-26. Competitions may be conducted on any open space with a suitably soft surface. The space should be a grassy area free from debris and cleared of dangerous objects.

MATTED AREA

CAUTION

Wrestling mats should be avoided because of increased risk of knee and ankle injuries.

A-27. The mat area (Figure A-2) must be a minimum of 14 meters long and 14 meters wide, and a maximum of 16 meters long and 16 meters wide. All surfaces must be covered by tatami-style mats (sectional mats that are 2 meters long and 1 meter wide). The elements making up the surface must be aligned without gaps, smooth, and fixed to a resilient floor or platform to prevent displacement.

A-28. The mat area consists of—

- Safety buffer.
- Warning line.
- Free zone.

Safety Buffer

A-29. The area outside of the warning line is the safety area. This area must be a minimum of 3 meters wide.

NOTE: Where two or more adjoining competition areas are used, a common safety area of between 3 meters and 4 meters is necessary.

Warning Line

A-30. The warning line is a boundary clearly indicated by a 1-meter wide area with mats of a distinctive color. This area surrounds the free zone, and runs parallel to the four sides of the mat area.

Free Zone

A-31. The area within and including the warning line is the free zone. This area is a minimum of 8 meters long and 8 meters wide, and a maximum of 10 meters long and 10 meters wide.

A-32. The free zone also contains a square that is two meters long and two meters wide. It should be composed of two mats that are the same color as the warning line, to indicate the starting positions for the contestants.

STANDARD BOXING RING

A-33. A standard boxing ring is allowed. The ring floor should extend no less than 18 inches beyond the ropes.

A-34. The gym floor surrounding the ring must be padded with no less than 1 ½ inches of closed-cell foam, extending no less than 3 feet from the ring outward.

NOTE: No vinyl or other plastic rubberized covering is permitted.

A-35. Ringside tables can be placed directly next to the padding.

NOTE: Ringside tables and steps must be no higher than the platform.

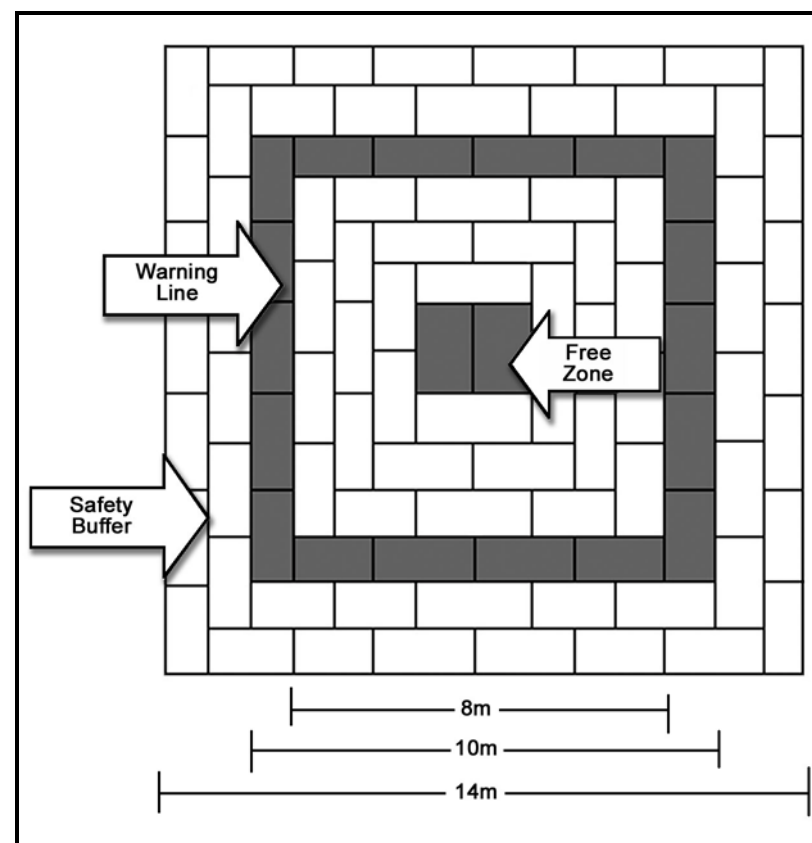


Figure A-2. Matted area layout.

OCTAGONAL OR CIRCULAR CONFINED AREA

A-36. The confined area should be an octagonal or circular space no smaller than 18 feet by 18 feet and padded with a ½- to 1-inch layer of closed-cell foam.

A-37. Ringside tables can be placed directly next to the padding.

NOTE: Ringside tables and steps must be no higher than the platform.

CATEGORIES OF COMPETITION

A-38. The two categories of competition are informal and formal. Informal competitions require little or no planning; formal competitions are scheduled and organized events.

INFORMAL COMPETITION

A-39. Informal competitions can occur as part of daily PT, field training, or during training breaks to reinforce skills and ability.

FORMAL COMPETITION

A-40. Formal competitions should be scheduled and organized events so that all Soldiers within the unit can attend and compete. Formal competition is conducted in a facility separated into four areas:

- Competition area.
- Warm-up area.
- Locker room.
- Spectator area.

A-41. The size and the dimensions of the facility determine the exact location and size of each of these areas; however, the dimensions of certain elements within each area are fixed (Figure A-3).

Competition Area

A-42. The competition area is all of the area open only to staff and competitors/coaches currently competing. This area must be partitioned off to the spectators.

NOTE: Unauthorized persons in the competition area will be asked to leave the area. Repeat offenders may be subject to disciplinary action.

A-43. The competition area is divided differently for each level of competition.

Basic and Standard Competitions

A-44. The competition area includes (Table A-3)—

- Mat area.
- Mat table.
- Head table.
- Bracketing table.
- Medical station.

Table A-3. Location of personnel for basic and standard competitions.

LOCATION	PERSONNEL
Mat Area	Referee, Competitors
Mat Table	Scorekeeper, Timekeeper
Head Table	Chief of Referees, Competition Director
Bracketing Table	Bracketing NCO
Medical Station	Medical Staff

Mat Area

A-45. The mat area is the area in which the fighters compete. This area must meet the specifications outlined for the venue used.

Mat Table

A-46. Mat tables must be beside, but not within, the mat area.

CAUTION

To prevent injury, these tables should not have sharp edges.

Head Table

A-47. The head table should be centrally located for optimal observation of the competition area.

Bracketing Table

A-48. The bracketing table should be located at the edge of the competition area to ensure an efficient flow of competitors.

Medical Station

A-49. The medical station should be located at the edge of the competition area for maximum observation and access, but with minimum intrusion to the competition flow.

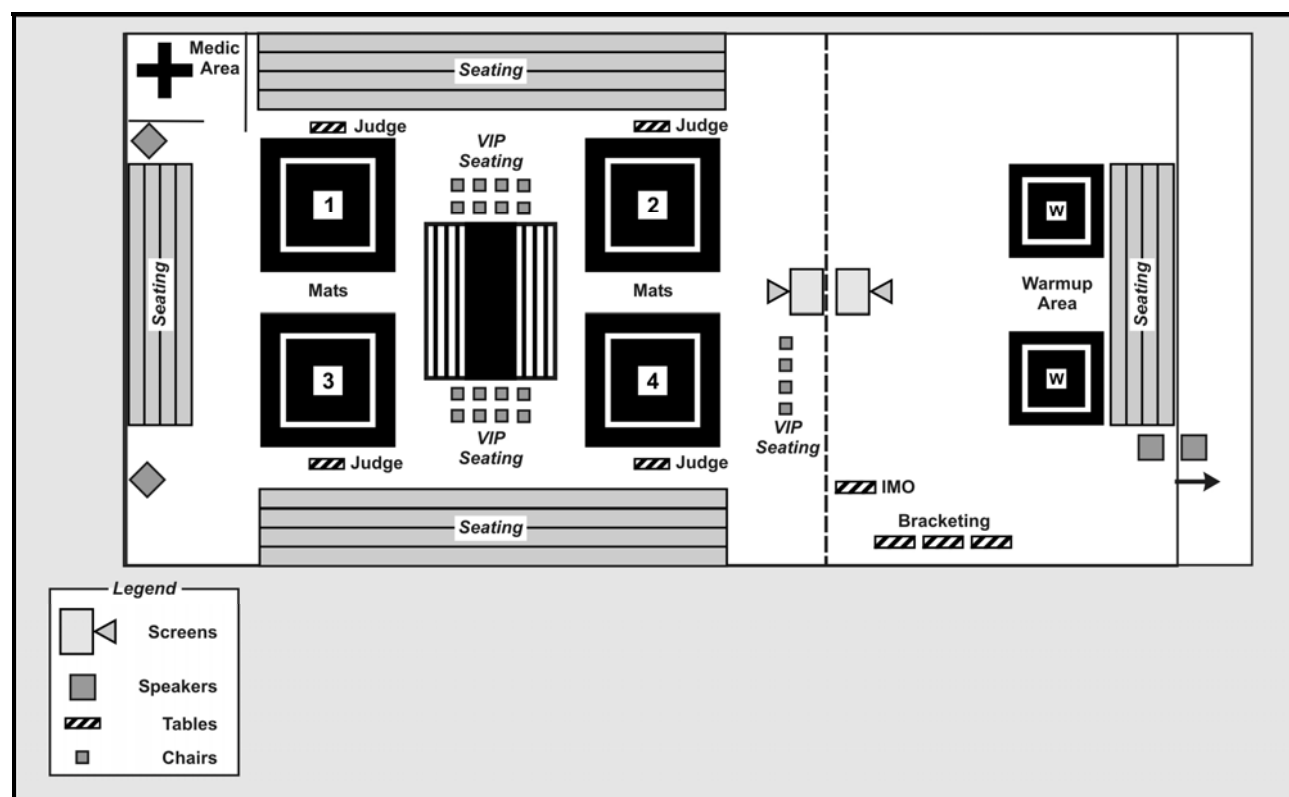


Figure A-3. Sample layout for a formal basic or standard competition.

Intermediate and Advanced Competitions

A-50. The competition area includes (Table A-4)—

- Mat area.
- Judges' tables.
- Bracketing table.
- Medical station.

Table A-4. Location of personnel for intermediate and advanced competitions.

LOCATION	PERSONNEL
Mat Area	Referee, Competitors
Judges' Tables	1: Judge, Chief of Referees, Competition Director 2: Judge, Physician* 3: Judge, Timekeeper
Bracketing Table	Bracketing NCO
Medical Station	Medical Staff
* For advanced only.	

Mat Area

A-51. The mat area is the area in which the fighters compete. This area must meet the specifications outlined for the venue used.

Judges' Tables

A-52. Three judges' tables are located adjacent to, but not within, the mat area.

CAUTION

To prevent injury, these tables should not have sharp edges.

Bracketing Table

A-53. The bracketing table should be located at the edge of the competition area to ensure an efficient flow of competitors.

Medical Station

A-54. The medical station should be located at the edge of the competition area for maximum observation and access, but with minimum intrusion to the competition flow.

Warm-up Area

A-55. The warm-up area serves as the competitor calling area. During the event, the competitors must pay attention to the progression of the competition to ensure that they do not miss their match.

A-56. Only coaches, competitors, and staff may occupy this area.

Locker Room

A-57. A locker room should be provided for competitors to change clothing and perform personal hygiene.

Spectator Area

A-58. The spectator area is composed of rows of sturdy straight-backed chairs and/or bleachers. The seating should be placed to maximize observation of the event.

Spectator Behavior

A-59. To prevent blocking others from viewing the matches, spectators are asked to remain seated during the competition and to be courteous when moving throughout the spectator area.

A-60. Standing at the partitions is prohibited; however, spectators are encouraged to cheer on their fighters. Any person seen taunting competitors, referees, and/or supporting staff; using foul or abusive language; or engaging in any inappropriate behavior is subject to removal from the event.

COMPETITION OFFICIALS AND STAFF

A-61. To ensure that the competition runs smoothly, certain duty positions must be filled by qualified personnel (Table A-5). These include—

- Unit commander/representative.
- Competition director.
- Chief of referees.
- Judges.
- Referees.
- Bracketing NCO.
- Scorekeepers.
- Timekeepers.
- Medical staff.
- Physicians.

NOTE: The officials and staff can be identified by specific uniforms, such as colored t-shirts, or credentials attached to lanyards, with the exception of referees. Referees must be identified by a uniform that can be easily recognized.

UNIT COMMANDER/REPRESENTATIVE

A-62. The unit commander or his representative schedules competitions at his level.

Table A-5. Personnel and required level of certification.

PERSONNEL LEVEL	BASIC	STANDARD	INTERMEDIATE	ADVANCED
Unit Commander/ Representative				
Competition Director (1 per competition)	Level II	Level III	Level IV	Level IV
Chief of Referees (1 per competition)		Level III	Level IV	Level IV
Judge(s) (3 required)			Level III	Level IV
Referee(s) (1 per bout)	Level II	Level II	Level III	Level IV
Bracketing NCO(s) (1 per competition)		Level II	Level II	Level II
Scorekeeper(s) (1 per bout)		Level II		
Timekeeper(s) (1 per bout)		N/A ¹	N/A ¹	N/A ¹
Medical Staff (2 per bout)	N/A ²	N/A ²	N/A ²	N/A ²
Physician(s) (2 per bout)				N/A ³
¹ Position must be filled by personnel who have been trained on duties. ² Position must be filled by personnel who have been trained and certified in emergency medical protocols and first aid. ³ Position must be filled by a medical doctor. NOTE: The required levels of certification and numbers are a baseline; higher levels are allowed.				

COMPETITION DIRECTOR

A-63. The competition director oversees and directs the entire competition, including—

- Registration.
- Publicity.
- Scheduling.
- Positioning of staff.
- Area sanitation.
- Briefings.
- Awards.

A-64. The competition director has the final authority with regards to implementing all rules and regulations of the competition.

A-65. He is seated at the head table, but will move throughout the competition venue.

Area Sanitation

A-66. The competition director is responsible for ensuring that all locker rooms, mats, and other equipment are sanitary. The competition area must be swept and mopped with an antibacterial/antifungal cleaning agent before the event and prior to the fights each day. Before each event, the competition director and medical staff must examine the area for violations of area sanitation standards.

CHIEF OF REFEREES

A-67. In larger competitions, it may be necessary to appoint a chief of referees. The chief of referees is the interim authority with regards to implementing all rules and regulations of the competition, and is subject only to the oversight of the competition director. He also conducts the pre-fight briefing.

A-68. He is seated at the head table, but will move throughout the competition venue.

NOTE: In the absence of a chief of referees, the competition director will perform these duties.

JUDGES

A-69. Three judges will be positioned on different sides of the competition area.

NOTE: In the case of a mat, judges will be seated in chairs. In the case of a ring or a confined area, they will be seated at ringside tables.

A-70. Judges must be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions, and durations. To maintain impartiality, judges will not be allowed to confer with one another.

REFEREE

A-71. The referee must have general knowledge of all the rules and regulations. He is responsible for the *safety* of the fighters and chooses a winner if no submission takes place before the time limit is reached (if one is used).

A-72. The referee is responsible for—

- Starting and stopping all matches.
- Awarding points.
- Warning competitors for rule infractions.
- Disqualifying competitors.
- Communicating to the officials and signaling the match winner.

A-73. All referees will be impartial in their decision-making; a referee may not officiate one of his own competitors without notification to the fighter and/or coach. The opposing coach/fighter may request a referee replacement if this occurs.

A-74. If a situation occurs that cannot be determined to be in accordance with the competition rules, referees will confer with the chief of referees or competition director to determine the fair and proper action.

A-75. The referee should be stationed on the mat, inside of the free zone. He must be identified by a uniform that can be easily recognized.

Referee Signals

A-76. The referee is responsible for making all of the technical calls during a match, including awarding points, warnings, and (if necessary) disqualification of a competitor. Table A-6 lists the referee signals.

Out of Bounds

A-77. Referees also deal with competitors who approach the bounds of the mat area or who are out of bounds. This should not impact the outcome of the bout. Referees should use their best judgment on when

to halt the action. For example, a referee might not halt the action during a scramble or in the middle of a submission attempt; he might wait until a dominant body position has been established and the threat of submission is distant. If the competitors move out of bounds, the referee performs the following actions:

- If the contestant(s) move into the danger zone while on their feet, the referee must stop the contest for a brief moment to move them back into the center of the contest area. Match interruption should not be signaled to the officials if the pause in the match is brief.
- If the contestant(s) move into the danger zone while on the ground, the referee must stop the contest, tell the competitors to hold their position, and signal to the officials to stop the clock using the signal for match interruption. The contestants will then be moved back into the center of the contest area to resume competing in the same position.

Table A-6. Competitor actions and referee signals.

ACTION	REFEREE SIGNAL
COMPETITOR ACTIONS	
Takedown (nondominant position)	Arm straight and fully flexed vertically overhead. The middle and pointer finger extended with the palm facing the scorekeeper.
Takedown (dominant position)	
Passing the Guard	
Knee Mount	
Sweep	
Mount	Arm straight and fully flexed vertically overhead. The pointer, middle, ring and pinky fingers extended with the palm facing the scorekeeper.
Rear Mount	
OTHER COMMUNICATION	
Start of Match	Facing the scoring table, the referee steps between the competitors, with his arms completely extended and palms facing the competitors. To initiate the match, he brings his palms together, moves backward out of the way, and verbally calls "FIGHT".
Match Interruptions	The referee places both hands on the competitors' bodies and verbally calls "STOP." He will then tell the competitors to hold their position and signal to the scorekeeper and timekeeper, with his hands forming a "T" (to indicate stopping the clock).
Disqualification	The referee separates the competitors and faces them toward the scoring table. With his fingers fully extended, he moves his hand directly under his chin, moving from the opposite shoulder across the neck to the near shoulder. Then, he raises the arm of the opponent not being disqualified.
Match Winner	The referee separates the competitors and faces them toward the scoring table, holding both competitors' arms at the wrists. Then, he raises the arm of the competitor who has won the match, and leads the competitors by the wrist to face one another so that they may shake hands.

BRACKETING NONCOMMISSIONED OFFICER

A-78. The most important staff member to the efficient flow of the competition is the bracketing NCO. He is responsible for ensuring that fighters are in the right place on time and face the correct opponents.

A-79. The bracketing NCO sits at the bracketing table.

SCOREKEEPER

A-80. The scorekeeper keeps track of the points awarded by the referee. Upon reaching the time limit, the timekeeper and the scorekeeper are responsible for ensuring that the fight is stopped if the score is not tied. Upon reaching the time limit or upon breaking a tie by first score, the scorekeeper is responsible for telling the referee which fighter has won the match. He—

- Must be familiar with the timekeeper's responsibilities.
- Must be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions, and durations.
- Must have a basic understanding of the competition flow.

A-81. The scorekeeper sits at the mat table with the timekeeper.

TIMEKEEPER

A-82. The timekeeper keeps the time during each bout, starting and stopping the official clock for time-outs designated to him by the referee.

A-83. The timekeeper also keeps track of the time remaining in the match. Upon reaching the time limit, the timekeeper and the scorekeeper are responsible for ensuring that the fight is stopped if the score is not tied. The timekeeper—

- Must be knowledgeable of the scoring process, referee signals, competitor divisions, and durations.
- Must have a basic understanding of the competition flow.

NOTE: If a Soldier is rendered unresponsive, a second timepiece will be utilized to record the amount of time that a competitor is unresponsive. This time will be reported to the medical authority.

A-84. The timekeeper sits at the mat table with the scorekeeper.

NOTE: The timekeeper reports time to the referee only.

Timekeeper Signals

A-85. The timekeeper indicates when he is ready to begin the match duration on the stopwatch by saying, “Ready,” and giving a visual cue (i.e., nod). When the match duration has expired, he tosses a rolled-up towel or object (typically colored white) near the referee’s feet.

MEDICAL STAFF

A-86. A medical staff is appointed to the competition by the unit hosting the competition. Individuals competing in the competition should not be appointed to the medical staff.

A-87. This staff—

- Is responsible for treating any injured or sick competitor, staff, and/or spectator.
- Serves as the final authority of whether a competitor can compete safely.
- Applies petroleum jelly to a fighter’s face (should a fighter request it).

A-88. The medical staff is located at the medical station.

Report of Injury

A-89. The medical staff must report all cases in which the fighters have been injured during a bout or have applied for medical aid after an event.

Unconscious or Injured Fighters

A-90. If a fighter suffers an injury, has been knocked unconscious, or has participated in an unusually punishing bout, the fighter will be placed on the ill and unavailable list for such period of time as may be recommended by medical staff.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

1. Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.
2. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.
3. If the athlete does not regain consciousness within 20 seconds or his vital signs fluctuate (i.e., respiratory distress, weak pulse, etc.), call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

Suspension for Disability

A-91. Any fighter rejected by the medical staff will be suspended until he is proven to be physically fit for further competition. Any fighter suspended for his medical protection will repeat the eligibility physical.

A-92. The tournament director will provide a report listing the terms of suspension to the Soldier's chain of command.

RINGSIDE PHYSICIAN

A-93. At least one licensed physician must be in attendance at all advanced competition events. The attending physician(s) should be seated ringside throughout the duration of the bouts. No bout will be allowed to proceed unless the physician is in his seat. The physician must be prepared to assist if any serious emergency arises and for rendering temporary or emergency treatments for cuts or minor injuries sustained by the fighters.

A-94. The ringside physician cannot attend to an injured fighter during the course of a fight. Because a physician must be watching the bout, the use of two physicians to cover the event is strongly recommended in order to allow the event to continue while a contestant is being treated.

A-95. A stretcher, oxygen tank, and containers of "instant ice" or an ice chest with sealed bags full of ice must be readily available at ringside.

NOTE: Ice must be in leak-proof sealed bags.

FIGHTER SUPPORT PERSONNEL

A-96. The fighter can bring various staff to support him during the competition. This includes coaches and seconds.

COACHES

NOTE: Only one coach is allowed for each fighter. Coaches are identified by credentials attached to lanyards.

A-97. Each fighter may have a coach of his choice for the match. While assisting the fighter, coaches must wear an approved uniform (clothing with appropriate service or unit symbols or solid-colored shirts, subject to the approval of the competition director) and must present a neat and tidy appearance.

A-98. When his fighter is currently competing, he may enter the competition area and stand alongside the mat area.

A-99. Coaches may not—

- Enter the mat area during the course of the bout without approval from the referee.
- Interfere physically or verbally with the bout or the duties of the officials.
- Use abusive and/or foul language or perform any blatant act of disrespect.
- Approach the referee, scorekeeper, or timekeeper.
- Sit, stand on, lean on, or touch the ring apron during the course of the bout.
- Apply petroleum jelly to a fighter's face.

NOTE: Only the medical staff should apply petroleum jelly to a fighter's face.

A-100. The chief of referees or competition director may disqualify the fighter for improper and unprofessional conduct by the coach.

NOTE: The competition director or chief of referees should field complaints.

SECONDS (CORNER PERSONS)

A-101. Each competitor may have a second of his choice for the match. While assisting the fighter, the seconds must wear an approved uniform (clothing with appropriate service or unit symbols or solid-colored shirts, subject to the approval of the competition director) and must present a neat and tidy appearance. Further, they must provide their own pail, tape, water bottle, and other equipment necessary to perform their functions.

A-102. When his fighter is currently competing, a second may enter the competition area, but he must remain in the designated areas during the bout.

A-103. Seconds may not—

- Enter the mat area during the course of the bout without approval from the referee.
- Interfere physically or verbally with the bout or the duties of the officials.
- Use abusive and/or foul language or perform any blatant act of disrespect.
- Approach the referee, scorekeeper, or timekeeper.
- Sit, stand on, lean on, or touch the ring apron during the course of the bout.
- Apply petroleum jelly to a fighter's face.

NOTE: Only the medical staff should apply petroleum jelly to a fighter's face.

A-104. The chief of referees or competition director may disqualify the fighter for improper and unprofessional conduct by his second.

NOTE: The competition director or chief of referees should field complaints.

SECTION IV — PRE-FIGHT RULES AND REGULATIONS

Before the bouts begin, fighters must be registered, classified, and briefed.

PRE-FIGHT MEETING

A-105. Pre-fight meetings differ for informal and formal competition.

INFORMAL COMPETITION

A-106. Before allowing Soldiers to participate in basic competitions, leaders should ensure that they are familiar with the rules.

FORMAL COMPETITION

A-107. For formal competitions, all fighters and coaches must attend the pre-fight meeting held by the competition director, the chief of referees, and the commander or his representative.

A-108. This meeting addresses—

- Flow of the tournament.
- Rules.
- Key personnel.
- Medical procedure.
- Evacuation plan.

NOTE: Personnel who do not attend the rules brief will not be allowed into the competition area.

A-109. Additional briefs are conducted when transitioning between levels to alert fighters to changes in the rule sets.

EXAMINATION OF FIGHTERS

A-110. Procedures for fighter examination differ for the two categories of competition.

INFORMAL COMPETITION

A-111. Leaders must ensure their Soldiers are in good physical condition prior to any competition.

NOTE: All Soldiers who are medically fit should compete in fire team, squad, and platoon competitions.

FORMAL COMPETITION

A-112. Any fighter applying for eligibility to compete must be examined by the competition medical staff to establish both physical and mental fitness for competition. A thorough physical and eye

examination will be given to each fighter by the medical staff at the time of weigh-in. This examination must include a review of the fighter's current physical and screening for disqualifying injuries.

NOTE: Fighters who willfully misrepresent physical incapacities are subject to disciplinary action.

A-113. The medical staff must clear or reject a fighter prior to the start of the competition.

NOTE: Should any fighter examined prove unfit for competition, the fighter must be rejected and an immediate report of the fact made to the tournament director. It is the tournament director's responsibility to notify the Soldier's chain of command.

A-114. Competitors in advanced competitions must be examined by a physician prior to entering the ring to ensure no injuries or complications from injuries that happened in the preliminary rounds have affected their fitness to compete safely. Special attention should be paid to any head injuries that happened in the preliminary rounds, as to prevent brain trauma.

COMPETITOR CLASSIFICATION

A-115. The goal of competitor classification is to ensure safe and fair competitions.

INFORMAL COMPETITION

A-116. Although weight and size are not considered in basic competition (unlike standard, intermediate, and advanced levels of competition), commanders should ensure fair match-ups between competitors.

FORMAL COMPETITION

A-117. Competitors are classified by weight.

Open Tournaments

A-118. To avoid competitors' tendency to cut weight, competitors are divided into brackets, starting with the lightest fighter. This format should be adhered to, except with the heaviest weight class or when the weight difference will exceed 10% of the lighter Soldier's body weight.

Championships

A-119. In championships at battalion-level and above, competitors are divided into seven weight class brackets (Table A-7). These classes take into account weight and gender.

Weight

A-120. On or before the day of the match, fighters will be weighed on the same scale by the tournament director or his authorized representative. Weight will be determined by the fighter's body weight minus their uniform.

A-121. Opposing teams are allowed to have a representative at the weigh-in; however, the weigh-in will not be delayed due to their absence.

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- NOTES:**
1. If a fighter is over his intended weight class, he will have until the end of the registration period to make weight. Fighters are not allowed to change weight classes after registration.
 2. Crash weight loss practices are not encouraged.
-

Gender

A-122. Due to the physiological difference between the sexes and in order to treat all Soldiers fairly and conduct gender-neutral competitions, female competitors will be given a 7% overage at weigh-in.

Table A-7. Competitor classification.

WEIGHT CLASS	MALE	FEMALE
Flyweight	125 lbs and below	134 lbs and below
Lightweight	140 lbs and below	150 lbs and below
Welterweight	155 lbs and below	166 lbs and below
Middleweight	170 lbs and below	182 lbs and below
Cruiserweight	185 lbs and below	198 lbs and below
Light Heavyweight	205 lbs and below	219 lbs and below
Heavyweight	205 lbs and up	219 lbs and up

COMPETITOR'S UNIFORM

A-123. Competitors may wear three types of uniforms:

- Army combat uniforms (ACUs).
- Shorts and T-shirt.
- Shorts only.

A-124. Upon entering the competition area, all fighters must be dressed appropriately (Table A-8). Any fighter presenting himself in attire deemed inappropriate will not compete in his bout until he presents himself in appropriate attire.

NOTE: Uniforms are subject to the competition director's discretion.

Table A-8. Level of competition and required uniform.

UNIFORM LEVEL	BASIC		STANDARD		INTERMEDIATE		ADVANCED	
	M	F	M	F	M	F	M	F
ACUs	X	X	X	X	X	X		
Shorts and T-shirt					X	X		X
Shorts only					X		X	
NOTE: M indicates male competitors. F indicates female competitors.								

ARMY COMBAT UNIFORMS

A-125. All fighters must be dressed in a serviceable ACU with bottoms, sand t-shirt, and top.

Jacket

A-126. The ACU jacket may be worn inside out. The zipper of the ACU must remain unzipped with 1 ½ inch of athletic tape applied to both sides of the zipper. The sleeve cuffs of the top must be rolled down. The lapel and skirt must remain exposed; no tucking in or stitching down is permitted.

T-Shirt

A-127. The sand T-shirt must be tucked into the uniform bottoms.

Bottoms

A-128. The uniform bottoms will be fully buttoned at the crotch. They must fit correctly with no belt worn. The legs of the trousers must remain unbloused and must extend to the ankle. No belts are permitted. The blousing strings may be cut.

Footwear

A-129. The fighter must be barefoot or wear wrestling shoes.

SHORTS AND T-SHIRT

A-130. The fighter must wear a form-fitting T-shirt and shorts with appropriate service or unit symbols (subject to the approval of the competition director) and must present a neat and tidy appearance.

Footwear

A-131. The fighter must be barefoot.

SHORTS ONLY

A-132. The fighter must wear shorts with appropriate service or unit symbols (subject to the approval of the competition director) and must present a neat and tidy appearance.

Footwear

A-133. The fighter must be barefoot.

UNDERGARMENTS AND OTHER APPAREL

A-134. Earrings and all other body piercings, wrist and ankle bracelets, necklaces, watches, and rings are prohibited.

A-135. Women must wear breast protectors and/or an athletic brassiere.

COMPETITOR'S EQUIPMENT

A-136. Fighters must be properly equipped for their bouts (Table A-9). Fighters who do not present themselves properly equipped at the start time of their bout may be penalized by the referee, including being counted out of the match if any equipment problems cannot be solved within five minutes of the referee's order to correct such problem.

NOTE: Pieces of equipment are required only to the extent outlined in Table A-9.

Table A-9. Equipment required for each level of competition.

EQUIPMENT LEVEL	BASIC	STANDARD	INTERMEDIATE	ADVANCED
Mouthpiece	S	S	R	R
Groin protector	S	S	R	R
Soft braces and/or pads for the elbows, knees, and ankles	S	S	S	S
Hard braces	N/R	N/R	N/R	N/R
Shin and instep pads	N/R	N/R	R	S
Knee pads	S	S	R	S
Martial arts belt	S	S	R	S
Tape and gauze for wrapping feet or ankles	N/R	N/R	S	S
Tape and gauze for wrapping hands	N/R	N/R	N/R	R
Gloves	N/R	N/R	N/R	R
NOTE: R indicates that the equipment is required. S indicated that the equipment is suggested or recommended. N/R indicates that the equipment is not recommended or permitted.				

MOUTHPIECE

A-137. All competitors must wear fitted mouthpieces. All competitors should have an extra mouthpiece ringside during their match. Competitors must furnish their own mouthpieces.

GROIN PROTECTOR

A-138. All competitors are required to wear an approved groin protector. A plastic cup with an athletic supporter is adequate. Competitors must furnish their own groin protectors.

SOFT BRACES AND/OR PADS FOR THE ELBOWS, KNEES, AND ANKLES

A-139. Soft braces and/or pads for the elbows, knees, and ankles are permitted; however, they must not restrict range of motion or give an unfair advantage to the competitor wearing them. Elbow, knee, or ankle supports must be made of neoprene. The chief of referees or tournament director must inspect all elbow, knee, or ankle braces, pads, and supports prior to the conduct of bouts.

HARD BRACES

A-140. No metal or hard plastic elbow, knee, or ankle supports are allowed, nor are those with sharp edges or surfaces.

SHIN AND INSTEP PADS

A-141. All competitors must wear serviceable, soft pull-on shin and instep pads. These pads must be worn under the uniform trousers and over any wrapping applied to the fighter's ankles or feet. Shin and instep pads should be supplied to the competitor.

KNEE PADS

A-142. All competitors must wear serviceable, soft pull-on knee pads under the uniform bottoms. The knee pads must fully cover the competitor's kneecap area (at a minimum). Knee pads should be supplied to the competitor.

MARTIAL ARTS BELT

A-143. Each competitor will be designated by a colored martial arts belt. The belt will be wrapped securely around the waist and tied in front with a square knot. Martial arts belts should be supplied to the competitor.

TAPE AND GAUZE FOR WRAPPING FEET OR ANKLES

A-144. Competitors may wrap their feet and ankles, but it is not mandatory. Fighters who wish to wrap their feet/ankles are responsible for their own gauze and tape. Gauze must be of the soft or soft-stretch type, and must not

exceed 2 inches in width. Tape must be of the soft cloth adhesive type and must not exceed 1 ½ inches in width. Up to 6 feet of tape may be used to wrap each foot and ankle. The chief of referees or tournament director must inspect all wrappings prior to the conduct of bouts.

TAPE AND GAUZE FOR WRAPPING HANDS

A-145. The wrapping and taping of hands is mandatory. Competitors must use a boxing-style hand wrap (with gauze) made of 2-inch soft or soft-stretch material. Tape should be 1 ½-inch soft cloth adhesive material. Up to 6 feet of tape may be used to wrap each hand and wrist. No tape can be placed over the knuckles of the hand, and no types of additional knuckle covering (i.e., gel wraps) is allowed under the competitor's gloves.

A-146. The chief of referees or competition director must inspect all wrappings prior to the conduct of bouts and before gloves are placed on the fighters hands. At the conclusion of the inspection, the wrappings will be signed by the approving official. Gloves may then be placed on the competitor's hands. Then, at least two turns of tape must be placed on the exterior covering of the gloves at the wrist to fully secure the hook pile tape on the glove. The approving official will sign the tape once the wrappings are in place. In the event of a disputed wrapping, the protest must occur prior to the fighter leaving the ring area.

GLOVES

A-147. All fighters will wear professional quality regulation 4-ounce gloves approved by the competition director or chief of referees. All gloves must be made so as to fit the hands of any fighter. The referee must inspect and approve any tape used on the gloves. If the gloves have been used, they must be whole and clean, and are subject to inspection by the referee or by the competition director. If found imperfect, the fighter will be provided an approved set of gloves before the bout starts. No breaking, roughing, or twisting of gloves is permitted.

NOTE: Gloves should be provided, if possible. The competition director should have several extra sets of gloves of common sizes to be used if gloves are defective or damaged beyond use during the course of the bouts.

COMPETITOR REQUIREMENTS

A-148. For the referee to maintain the highest standards of hygiene on the mat, he must enforce the following rules.

PERSONAL HYGIENE

A-149. Attention to personal hygiene is a must. Fighters should—

- Be clean and free of foul odors.
- Keep all fingernails and toenails trimmed short.
- Pull back and secure long hair.
- Not wear any lubricants, analgesic cream, and/or skin creams that may inconvenience an opponent or allow an unfair advantage to the wearer.

NOTE: Only the medical staff should apply petroleum jelly to a fighter's face.

PERSONAL HEALTH AND DISEASE RISK

A-150. All competitors must have a current physical and be screened by medical staff. Competitors diagnosed with the following conditions will be prohibited from competition:

- (1) Chronic infectious diseases, including:
 - Human immunodeficiency virus (HIV-AIDS).

NOTE: All athletes will receive an annual HIV test.

- Hepatitis B and /or C.
- Mononucleosis.
- Active herpes.

- (2) Open cuts and abrasions.

NOTE: All wounds including cuts, abrasions, lacerations and burns must be covered with an appropriate dressing and approved by the competition medical staff.

(3) Heart diseases and/or risk factors of heart disease to include:

- Arrhythmias.
- Heart block.
- Valvular disease.
- Peripheral vascular disease.
- Aortic stenosis.
- Uncontrolled angina.
- Congestive heart failure.
- Fixed rate pacemaker.
- Resting blood pressure > 185/100.
- Uncontrolled diabetes mellitus.
- Electrolyte abnormalities.

(4) Additional limitations to competition will include:

- Vertigo.
- Chronic obstructive lung disease.
- Significant emotional distress (psychosis).
- Advanced musculoskeletal disorders.

(5) In addition to the above statutes, female competitors are restricted from competing if they suffer from any of the following cases:

- Confirmed or suspected pregnancy.
- Pelvic inflammatory disease.
- Symptomatic endometriosis.
- Abnormal vaginal bleeding.
- Recent secondary amenorrhea of undetermined cause.
- Recent breast bleeding.
- Recently discovered breast masses.
- Recent breast dysfunctions previously not present.

CORRECTIVE EYEWEAR AND EARWEAR

A-151. Competitors requiring corrective eyewear can wear soft contact lenses. Glasses of any type will not be permitted during competition.

A-152. In order to be legal, corrective earwear must be made specifically for sports competition.

SECTION V — COMPETITION CONDUCT

To ensure that the competition runs safely and smoothly, certain procedures must be followed.

INTRODUCTION

A-153. Competitors and spectators are welcomed, followed by the introduction of the competition staff and any distinguished guests.

NOTE: The national anthem will be played just prior to the commencement of the first match.

START OF THE MATCH

A-154. Prior to the match, the bracketing NCO brings the bout sheet to the mat table. In formal competitions, the referee ascertains from each fighter the name of his coach or second and holds the fighter responsible for his coach's or second's conduct during the progress of a bout.

A-155. Once the referee has differentiated the contestants to the scorekeeper/judges, the referee brings the competitors together so that they may shake hands. The competitors are then separated. The timekeeper indicates when he is ready to begin the match duration on the stopwatch by saying, "Ready," and giving a visual cue (i.e., nod). Then, the referee signals the beginning of the match by extending his arms, with his palms facing the competitors; bringing his palms together; moving backward out of the way; and calling, "Fight."

MATCH

A-156. On command from the referee, the competitors start the contest, using various techniques to submit the opponent. The techniques that may be used vary according to the level of the competition (Table A-10).

Table A-10. Techniques allowed during each level of competition.

LEVEL	TECHNIQUES ALLOWED
Basic	Beginning on their knees, fighters use chokes, joint locks (shoulder and elbow), and muscle manipulation to submit the opponent.
Standard	Beginning in a standing position, fighters use chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit the opponent.
Intermediate	Beginning in a standing position, fighters use chokes, joint locks (shoulder, elbow, straight ankle and straight knee), muscle manipulation, closed fist punches to the torso, open hand slaps (not led by the palm) to the face, kicks, and grappling (takedowns, throws, submission holds, etc.) to submit the opponent.
Advanced	Beginning in a standing position, fighters use all legal striking and grappling techniques to submit the opponent.

A-157. In informal competitions, competitors fight until submission or referee stoppage. In formal competitions, bouts have a time limit (Table A-11).

Table A-11. Time limit for each level of the competition.

LEVEL	TIME LIMIT
Basic	Leaders set an appropriate time limit.
Standard	Each bout lasts up to six minutes. Specific match durations are designated by the competition director prior to the start of the first match. If (at the end of the time limit) the score is tied, the bout will continue until the tie is broken by first score.
Intermediate	Bouts are one 10-minute round. The time runs continuously and may be called or stopped by the referee in special cases, such as equipment malfunction or commitment of a foul.
Advanced	Bouts are three 5-minute rounds. The time runs continuously and may be called or stopped by the referee in special cases, such as equipment malfunction or commitment of a foul.

MOUTHPIECES

A-158. If a fighter's mouthpiece is knocked out, dropped, or spit out during a bout, the referee will—

- (1) Wait for a lull in the activity of both fighters.
- (2) Call time out.
- (3) Stop the bout in place.
- (4) Replace the mouthpiece.

NOTE: Willful dropping or spitting out of the mouthpiece is deemed a "delay of bout" foul, and the fighter will be penalized accordingly by the referee (1-point deduction).

STALEMATE

A-159. Intermediate and advanced competitions may result in a stalemate. If both competitors have gone to the ground and neither is actively working to improve his position within (in the referee's judgment) a reasonable time, the referee will separate and stand the competitors up, and restart the bout from the standing position.

END OF THE MATCH

A-160. At the end of the match, the winner and loser of the bout report to the mat table to sign their bout sheet. The match may end in ten different ways:

- (1) Forfeit.
- (2) No contest.
- (3) Knock out.
- (4) Submission.
- (5) Choke out.
- (6) Scoring the match.
- (7) Disqualification.
- (8) Referee stoppage.
- (9) Corner stoppage.
- (10) Medical stoppage.

A-161. The referee separates the competitors and faces them toward the scoring table, holding both competitors' arms at the wrists. Then, he raises the arm of the competitor who has won the match, and leads the competitors by the wrist to face one another so that they may shake hands.

A-162. Upon leaving the mat, the winner must retrieve his bout sheet so that it may be submitted to the mat table for his next match or to the awards area.

FORFEIT

A-163. In the event one of the competitors is not present for his match, he will be called over the intercom three times before the match is deferred to his opponent.

NOTE: Competitors who are not present for the semi-final and final matches will not receive a medal(s) unless serious injury has occurred.

NO CONTEST

A-164. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a "no contest" (most common in the intermediate and advanced levels).

KNOCK-OUT

A-165. At the intermediate and advanced levels, competitors may receive a knock-out. There are two kinds of knock-outs:

- Knock-out (unconscious).
- Technical knock-out.

A-166. If a fighter suffers an injury, has been knocked out, has participated in an unusually punishing bout, or has received a technical knockout decision, the fighter will be placed on the ill and unavailable list for the period of time recommended by the medical staff. A fighter who loses a bout by technical knockout or knockout will be suspended from competition for a minimum of 30 or 60 days respectively. The

tournament director will provide a report listing the terms of suspension to the Soldier's chain of command.

Knock-Out (Unconscious)

A-167. This type of knock-out occurs when a fighter is knocked unconscious.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

1. Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.
2. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.
3. If the athlete does not regain consciousness within 20 seconds or his vital signs fluctuate (i.e., respiratory distress, weak pulse, etc.), call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

Technical Knock-Out

A-168. This type of knock-out occurs when the referee deems that one fighter cannot defend himself and is in danger of receiving excessive damage if the match continues. In this case, the referee will award the other fighter a TKO victory.

SUBMISSION

A-169. Submission may occur in two ways:

- A fighter taps on the mat or their opponent a minimum of twice.
- A fighter makes a loud noise (i.e., grunt or groan) indicating pain or verbally submits, saying “STOP” loudly.

CHOKE OUT

A-170. When a choke has been applied, the referee will watch for any sign of unconsciousness (e.g., failure to respond to verbal questions) and immediately stop the match, awarding the victory to the competitor who applied the choke.

SCORING THE MATCH

A-171. Scoring occurs differently in informal and formal competitions.

Informal Competition

A-172. For informal competitions, the referee designates a winner based on aggressiveness and display of superior technique.

Formal Competition

A-173. If no submission takes place during the match, the competitor who has been awarded the most points by the end of the time limit wins. The timekeeper signals the end of the match with a bell (for a single ongoing bout) or by tossing a rolled-up towel or object (typically colored white) close to the referee’s feet (for multiple ongoing bouts) when the match duration has expired. Tables A-12 to A-14 outline the competitor actions and the points awarded.

NOTE: For all signals made indicating scoring, the referee will raise his hand to indicate the fighter receiving the points, with his armband in accordance with the color of the fighter’s colored indicating belt.

A-174. Scoring criteria varies according to the level of competition.

Basic and Standard Competitions

A-175. For formal competitions, the referee scores the competitors using the system outlined in Table A-12. If no submission takes place during the match, the competitor who has been awarded the most points by the end of the time limit wins.

Intermediate Competition

A-176. After the bout has been completed, judges determine a winner using the Five-Point Must Scoring System (Table A-13). Judges evaluate mixed martial arts techniques.

Advanced Competition

A-177. After the bout has been completed, judges determine a winner using the Ten-Point Must Scoring System (Table A-14). At the completion of each round, ten points are awarded to the winner and nine points or less are awarded to the loser (except for a rare even round, which is scored 10-10). At the completion of the bout, the judges’ scores for each round are tallied to determine the winner of the bout.

Intermediate and Advanced Competitions

A-178. Intermediate and advanced competitions require decision via scorecards. A bout will receive one of several results:

- Unanimous. All three judges score the bout for the same contestant.
- Split Decision. Two judges score the bout for one contestant, and one judge scores for the opponent.
- Majority. Two judges score the bout for the same contestant and one judge scores a draw.
- Draw.
 - Unanimous. All three judges score the bout a draw.
 - Majority. Two judges score the bout a draw.
 - Split. All three judges score differently.

Table A-12. Competitor actions and points awarded for basic and standard competitions.

COMPETITOR ACTION	POINTS AWARDED	DEFINITION
Passing the Guard	3	From within his opponent's Guard, the fighter clears his opponent's legs, passes the Guard, and gains one of the following positions: Side Control, Mount, Knee Mount, or North/South.
Sweep	3	After establishing Guard, the bottom fighter changes positions, placing his opponent on his back.
Knee Mount	3	The fighter places one knee in his opponent's abdomen and the other off the ground and away from his opponent, and stabilizes himself.
Mount	4	The fighter establishes a position astride his face-up opponent's chest or abdomen, with both knees and feet on the ground and free from entanglement with the opponent's legs.
Rear Mount	4	The fighter establishes a position behind his opponent, with both feet hooked around his opponent's thighs.
Passivity	2	When a fighter disengages from a top position, points will be awarded to the other fighter.
Stalling	1	Stalling is utilizing the clock to achieve victory. If a referee thinks a fighter is delaying the action, he will give three warnings and then award a point to his opponent. If stalling continues, the referee gives three additional warnings and then awards an additional point, continuing this pattern until the stalling stops or the end of the match.
STANDARD COMPETITION ONLY		
Takedown (non-dominant position)	2	From the standing position, the fighter places his opponent on the ground, ending either in the Guard or behind the arms of a face-down opponent.
Takedown (dominant position)	3	From the standing position, the fighter places his opponent on his back, passes the Guard, and gains one of the following positions: Side Control, Mount, Knee Mount, or North/South.
NOTES: 1. For the purposes of competition, Guard refers to a position with a fighter's legs locked around an opponent with at least one leg above the knee or, if the legs are not locked, controlling an opponent with the legs. 2. Referees should not tolerate abuse of the points system. If a competitor repeats techniques to accumulate additional points, the referee should not award points for these moves.		

Table A-13. Competitor actions and points awarded for intermediate competitions.

COMPETITOR ACTION	POINTS AWARDED	DEFINITION
Effective Striking	1	The total number of legal heavy strikes landed, whether standing or on the ground.
Effective Takedowns	1	Fighter takes an opponent to an offensive top position.
Controlling Ground Position	1	Fighter gains and maintains an offensive ground position.
Judges' Points	2	Judges will award two additional points for the portion of the fight they deemed most important in the bout.

Table A-14. Competitor actions and points awarded for advanced competitions.

SCORE	DEFINITION
10-10	Both contestants appear to be fighting evenly and neither contestant shows clear dominance.
	Both contestants suffer equal numbers of legal knockdowns, takedowns, and strikes, and neither shows clear dominance in a round.
10-9	A contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.
	A contestant remains in the guard position with no fighter having an edge in striking or grappling, the fighter who scored the legal takedown wins the round.
10-8	A contestant overwhelmingly dominates by striking or grappling in a round.
	A contestant adversely affects his opponent by knocking him down from legal strikes, throwing, legal striking while standing or grounded.
NOTE: Additional points may be subtracted for fouls.	

DISQUALIFICATION/FOULS

A-179. At the discretion of the referee, fouls (based on the intent of the fighter committing the foul and the result of the foul) may cause time to be stopped in the bout and warnings, recuperation time, and/or disqualification to be issued.

A-180. The following fouls will be considered enough to warrant immediate disqualification from the tournament.

- The use of abusive and/or foul language, cursing, or other act of blatant disrespect.
- Biting; pinching; clawing; hair pulling; attacking the eyes, nose, or mouth of one's opponent; intentionally seeking to injure genitalia; or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- The blatant use of intentional avoidance (running or pulling oneself into the safety and/or danger area) while caught in a submission attempt by their opponent. This will be deemed a submission.
- Fighting and/or engaging in illegal conduct within tournament venue.
- Intentional or repeated noncompliance with competition rules.
- Flagrant disregard of the referee's instructions.
- Twisting knee or ankle attacks.
- Small joint manipulation of the fingers, toes, or wrists.

- Striking to the throat.
- Fish hooking of the mouth.
- Striking spine (including the top of the head).
- Elbow or forearm strikes.
- Headbutts.
- Kicks to head or torso of a downed fighter.
- Holding on to fence or a rope (when used).
- Spiking an opponent to the ground on their head or back of neck.
- Throwing opponent out of fenced area, ring, or mat.
- Knees strikes, unless using advanced competition rules.
- Closed fist strikes to the face, unless using advanced competition rules.
- Axe kicks to the top of the head.
- Instep stomping with the foot.
- Up kicks by a downed fighter to the head or torso of a standing opponent.
- Fleeing the action of the fight.
- Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out the mouthpiece.

A-181. Other fouls are specific to the level of the competition (Table A-15).

Table A-15. Description of prohibited techniques.

TECHNIQUE	DESCRIPTION
BASIC COMPETITION	
Takedowns	If both competitors rise to their feet in a neutral position, the fight should be returned to their knees.
BASIC AND STANDARD COMPETITIONS	
Guard slam	Opponent A is in Opponent B's Guard or any tight submission or sweep attempt from the Guard. Opponent A then stands up, lifts Opponent B off the ground, and violently slams Opponent B with the intent to open the Guard, escape the technique, or harm Opponent B.
Wrist locks	Opponent A secures Opponent B's wrist and purposely hyperextends or hyperflexes Opponent B's wrist with the intent to submit Opponent B.
Finger/toe locks	Opponent A secures one or more of Opponent B's fingers or toes and purposely hyperextends or hyperflexes them with the intent to submit Opponent B.
Lower body submissions	Opponent A applies any joint lock to Opponent B's hips, legs, ankles or feet.
Spiking throws	Opponent A picks Opponent B off the ground and violently plants Opponent B on the mat, with the head, upper back, or neck making contact with the mat first.
Face crush	Utilizing his arms or parts of his own or Opponent B's uniform, Opponent A secures Opponent B's face and uses leverage and force to create tremendous pressure to Opponent B's nose, jaws, and face.

A-182. Disqualification occurs after any combination of three fouls or after a flagrant foul. Fouls may result, at the referee's discretion, in a point being deducted by the judges. If a referee determines it is appropriate to take a point from a contestant for a foul, he will identify the corner of the fighter from which he will take the point and indicate the point deduction to each judge.

NOTE: Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.

A-183. A fouled fighter has a reasonable amount of time (referee's discretion) to recuperate. If an intentional foul is committed, the referee will—

- Call time.
- Check the fouled contestant's condition and safety.

A-184. If the referee determines that a fighter needs time to recover due to the result of a foul or injury, he may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, or

when appropriate the ring physician or medical staff to examine him. At the end of this reasonable rest period or examination the referee and the ring physician or medical staff will determine if the injured fighter can continue the bout. If the fighter can continue, the bout will continue.

REFEREE STOPPAGE

A-185. The referee can stop a match at any time and award a winner due to concerns of potential injury, attrition, and/or technical dominance, or if at any time a competitor makes any verbal sounds that could be construed as a sign of pain. The referee will consider both competitors' safety at all times. The referee will award the victory to the appropriate fighter.

A-186. The referee can stop a match and determine a winner for any of the following reasons:

- The referee has called a foul. The referee will determine whether it was intentional.

- If intentional, the referee may disqualify the offending fighter and declare the fouled fighter the winner by "Disqualification."
- If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent. If the referee or medical staff determines that the injured fighter is unable to continue, he will lose by "Referee Stoppage."
- If the referee determines that the injury was caused by both fighters (no fault), the referee will give the injured fighter time to recover. If the referee or medical staff determines that the fouled fighter cannot continue, the bout will be scored a "No Contest".
- A competitor has performed a legal submission that would (in the opinion of the referee) submit the opposing competitor or potentially cause serious injury. This is important if the referee thinks that a fighter's safety is in danger or an injury is eminent and the fighter refuses to submit.
- A competitor (by means of legal strangulation, smother, intense contact with the floor or opponent, or extreme attrition) loses consciousness. The conscious opponent shall be the winner.
- A competitor becomes unconscious due to a choke and/or strangulation hold.
- A competitor becomes injured, sick, or incapacitated during a match by means of legal techniques or natural occurrences and cannot continue the match. The opponent will be deemed the winner.
- A competitor becomes injured as a result of an illegal technique and cannot continue the match. The competitor injured by the illegal technique will be deemed the winner.
- A competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

1. Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.
2. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.
3. If the athlete does not regain consciousness within 20 seconds or his vital signs fluctuate (i.e., respiratory distress, weak pulse, etc.), call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

CORNER STOPPAGE

A-187. The competitor's coach or second, who is responsible for the well-being of the competitor, can toss a white piece of cloth at the referee's feet to signify submission of their competitor for reasons of personal safety, attrition, and/or technical dominance. The coach or second must be within the designated coaching area to be acknowledged.

MEDICAL STOPPAGE

A-188. In advanced competitions, the ringside physician can stop the match due to a serious injury. If this occurs, the physician will notify the officiating referee, who in turn, will stop the bout. Then, the physician will examine the competitor. If he determines that the injury is too severe for the competitor to continue, he notifies the chief of referees or competition director. The referee calls an end to the bout, and the opposing fighter is declared the winner by TKO.

PROCEDURE FOR FAILURE TO COMPETE

A-189. In any case where the referee decides that the fighters are not honestly competing (e.g., that a knockout is a dive) or that a foul is a prearranged termination of the bout, he will not disqualify a fighter for fouling and render a decision. He will, however, stop the bout and declare it ended (“No Contest”). Both fighters will be disqualified from the tournament, and the team points of both fighters deleted.

PROTEST

A-190. During formal competitions, a coach and or competitor have the right to lodge a complaint. The procedure to lodge such a complaint is as follows:

- Notify the chief of referees, who will discuss the issue with the competition director. The competition director will make the final decision on the outcome of the complaint/protest.

NOTE: This rule is to prevent argument in the mat area. *Any such arguments will warrant immediate disqualification and/or removal from the event.*

TEAM POINTS

A-191. Unit teams will amass team points as individual competitors fight their way through the tournament. Team points are awarded for submissions, victory at higher levels of competition, and (in non-championship tournaments) participation of larger groups.

NOTE: Team points will not include any points earned by a competitor who is ejected from the competition.

A-192. The team points awarded are listed in Tables A-16 through A-18.

Table A-16. Team points for basic and standard competitions.

ACTION	POINTS
Victory by points	1
Victory by submission	2
First place	3
Second place	2
Third place	1
Ejection from the competition	- All points accrued by the competitor who has been ejected

Table A-17. Team points for intermediate competition.

ACTION	POINTS
Victory by points	2
Victory by submission, knock-out, or technical knock-out	4
First place	6
Second place	4
Third place	2
Ejection from the competition	- All points accrued by the competitor who has been ejected

Table A-18. Team points for advanced competition.

ACTION		POINTS
Victory by points		2
Victory by submission, knock-out, or technical knock-out		4
First place		15
Second place		10
Third place		5
Ejection from the competition	- All points accrued by the competitor who has been ejected	

ANNOUNCING COMPETITION RESULTS

A-193. For formal competitions, the competition director compiles the results on the master results card. After the competition director has completed verifying the master results card, he will give the ring announcer the results on Announcer's Final Result Sheet. Then, the announcer informs the audience of the decision over the public address system. The referee indicates the winner as the announcer gives the winner's name.

A-194. In the event of a knockout, a technical knockout, disqualification, or forfeit, the announcer and referee will officially designate the winner and give the time at which the bout was stopped.

Appendix B

BASIC DRILLS AND TRAINING EVALUATION

This appendix addresses the warm-up exercises, drills, and combinations that fighters use to prepare for and reinforce their training.

SECTION I — WARM-UP EXERCISES

Combative techniques at all levels of training will exert tremendous amounts of stress to the neck, shoulders, back, and legs. Warm-up exercises will mitigate the risks associated with this exertion by increasing the blood flow to certain groups of muscles and building the range of motion of affected joints.

NOTE: The exercises shown here may not be covered in the FM 21-20.

NECK EXERCISES

B-1. Neck exercises include—

- Down and Up.
- Left and Right.

SHOULDER EXERCISES

B-2. Shoulder exercises include—

- Shoulder Shrug.
- Arm Rotation.

HIP EXERCISES

B-3. Hip exercises include—

- Leg Rotation.

WARM-UP EXERCISES—NECK EXERCISES

DOWN AND UP

The objective of this exercise is to stretch the muscles in the neck.

NOTE: Repeat this exercise 5 times.



(1) Begin in the resting position, with both arms at your sides and your feet approximately shoulder-width apart. Keep your head facing forward.



(2) Tilt your head so that you are looking downward.



(3) Return to the resting position.



(4) Tilt your head so that you are looking upward.



(5) Return to the resting position.

WARM-UP EXERCISES—NECK EXERCISES

LEFT AND RIGHT

The objective of this exercise is to stretch the muscles in the neck.

NOTE: Repeat this exercise 5 times.



(1) Begin in the resting position, with both arms at your sides and your feet approximately shoulder-width apart. Keep your head facing forward.



(2) Turn your head so that you are looking left.



(3) Return to the resting position.



(4) Turn your head so that you are looking right.



(5) Return to the resting position.

WARM-UP EXERCISES—SHOULDER EXERCISES

SHOULDER SHRUG

The objective of this exercise is to stretch the muscles in the neck and shoulders.

NOTE: Repeat this exercise 5 times.



(1) Begin in the resting position, with both arms at your sides and your feet approximately shoulder-width apart. Keep your head facing forward.



(2) Simultaneously, tilt your head to the left and raise your shoulders.



(3) Return to the resting position.



(4) Simultaneously, tilt your head to the right and raise your shoulders.



(5) Return to the resting position.

WARM-UP EXERCISES— SHOULDER EXERCISES

ARM ROTATION

The objective of this exercise is to stretch the rotator cuff and warm up the glenohumeral joint to improve range of motion.

NOTE: Repeat this exercise 5 times.



(1) Begin in the resting position, with both arms at your sides and your feet approximately shoulder-width apart. Keep your head facing forward.



(2) Move your arm in a large circle, with your shoulder at its center.



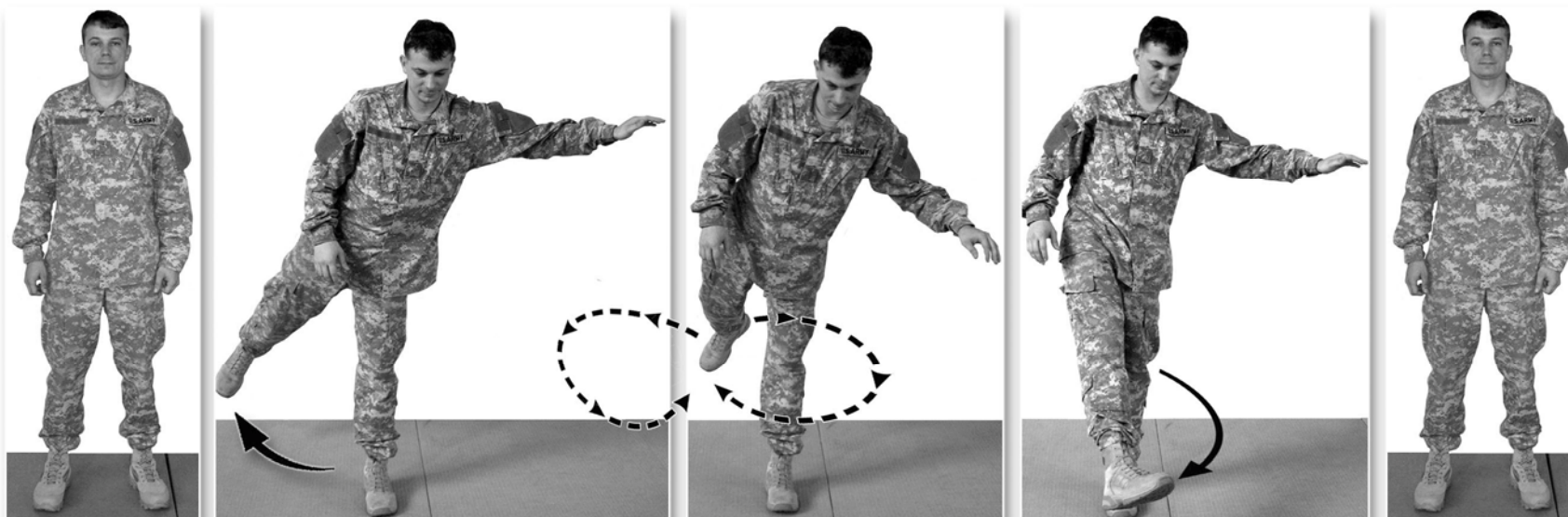
(3) Return to the resting position.

WARM-UP EXERCISES—HIP EXERCISES

LEG ROTATION

The objective of this exercise is to stretch the thigh and hip muscles, and warm up the synovial joint to improve range of motion.

NOTE: Repeat this exercise 5 times.



(1) Begin in the resting position, with both arms at your sides and your feet approximately shoulder-width apart. Keep your head facing forward.

(2) Move your leg in a large circle, with your hip at its center. Balance yourself using your hand.

(3) Return to the resting position.

SECTION II — DRILLS

During drills, Soldiers repeat basic positions, with a different detail emphasized during each session. This allows for the maximum use of training time by simultaneously building muscle memory, refining basic combatives techniques, and enabling Soldiers to warm up.

DRILLS 1 THROUGH 3

B-4. MACP techniques are evaluated during the performance of three tasks (Table B-1). These are not just individual moves; they form the core of a complete system. Some tasks simultaneously evaluate both fighters conducting the offensive and defensive moves.

Table B-1. Drills 1 through 3.

DRILL	TASK	CONDITION	STANDARDS
1	Escape the Mount Pass the Guard Achieve the Mount	The opponent is mounted on the Soldier's chest.	<p>The Soldier uses:</p> <ul style="list-style-type: none"> • Escape the Mount. • Arm Trap and Roll. • Pass the Guard. • Achieve the Mount from Side Control. <hr/> <p>NOTE: Repeat the task for the second fighter.</p> <hr/>
2	Arm Push and Roll to the Rear Mount Escape the Rear Mount	The Soldier is mounted on the opponent's chest.	<p>The Soldier uses:</p> <ul style="list-style-type: none"> • Arm Push and Roll to the Rear Mount. • Rear Naked Choke. <p>The second fighter escapes the Rear Mount.</p> <hr/> <p>NOTE: Repeat the task for the second fighter.</p> <hr/>
3	Escape the Mount Shrimp to the Guard Use any sweep to the Mount	The Soldier is mounted on the opponent's chest.	<p>The Soldier uses:</p> <ul style="list-style-type: none"> • Escape the Mount, Shrimp to the Guard. • Cross Collar Choke. • Straight Arm Bar from the Guard. • Sweep from the Attempted Straight Arm Bar. • Scissors Sweep, if attacks fail.
NOTE: Stand In Base is evaluated each time the fighter stands.			

ACHIEVE THE CLINCH

NOTE: All participating Soldiers must conduct clinch training prior to attempting this drill. The drill must not be conducted until all Soldiers have been briefed on the purpose of the drill, safety considerations, and the drill itself. This drill is conducted by a certified Level III instructor.

B-5. The Achieve the Clinch drill is a practical application exercise that instills the Warrior Ethos through contact with a puncher and desensitizes Soldiers to the effects of being hit.

B-6. Each Soldier performs the drill four times. Both the fighter and his opponent start the drill from projectile weapons range. Then, the fighter attempts to achieve the Clinch and gain a dominant position, while the opponent attempts to remain free of the Clinch by utilizing the universal fight plan.

NOTE: The Modern Army Combatives School training support package (TSP) provides more information about the Achieve the Clinch drill. This TSP is available at <https://www.infantry.army.mil/combatives/content/admin/AchieveTheClinchSOP27FEB2006.doc>.

BLUDGEONING WEAPON DRILLS

B-7. Attacks with enough power to be dangerous can only come in at predictable and classifiable angles of attack. This allows defensive maneuvers and counter attacks to be trained (Table B-2).

CAUTION

Safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.

Table B-2. Bludgeoning weapon, angle of attack drills.

DRILL NUMBER	DESCRIPTION
1, Roof and Number 1 Strike	<ul style="list-style-type: none"> Start in time, develop half beats. Add Number 3 strikes. Fake high; go to the knee. Cross-step to defend the knee. Rear-leg Front Kick with roof after the counterstrike. Crash with roof after counterstrike. Side-step (gum step), create an angle. Off-hand lead attack. Switch leads during roof to continue the drill. Front Kick.
2, Umbrella and Number 2 Strike	<ul style="list-style-type: none"> Add number four strike. Round Kick with strike. Empty hand blocks the opponent's weapon arm.
3, Blending Blocks	<ul style="list-style-type: none"> Side-step (gum step) on opposite angle. Long bludgeons.
4, Staff	<ul style="list-style-type: none"> Reciprocating strike. Blending.

SECTION III — COMBINATIONS

Strikes must be thrown in combinations to be effective—"bunches of punches," as the old boxing saying goes. Practicing combinations (Figure B-1) enables the fighter to correct his technical mistakes with a proficient opponent.

PUNCHING COMBINATIONS

B-8. Punches can be labeled using two conventions:

- Individual strikes.
- Combinations.

B-9. The traditional method of holding boxing mitts is to number each technique. Then, the holder calls out the punches he wants the fighter to throw. (Table B-3).

Table B-3. Individual strikes and their numbering convention.

NUMBER	STRIKE
1	J
2	C
3	H, LH
4	U
LEGEND	
J	= Jab
C	= Cross
H	= Hook
LH	= Low Hook to the Body
U	= Uppercut

B-10. The MACP, however, uses five basic combinations for ease of learning (Table B-4).

Table B-4. Punching combinations and their numbering convention.

NUMBER	COMBINATION
1	J + C + H
2	J + C + J + C + J + C (Advancing)
3	J + C + LH + H
4	C + H + C
5	J + J + J + H + C
LEGEND	
J	= Jab
C	= Cross
H	= Hook
LH	= Low, Hook to the Body
U	= Uppercut
JO	= Jab Out
NOTE: The fighter always completes the combination using a JO.	



Figure B-1. Mitt work.

B-11. Punching combinations must be practiced until they become a Soldier's natural pattern of movement.

B-12. When learning the basic combinations, Soldiers should return each hand to a defensive posture after it is used. When a Soldier is within punching range, so is his opponent; therefore, Soldiers should make good defense an integral part of their offense.

B-13. To reinforce good fighting habits, the holder can—

- Repeat a strike by saying its name (i.e., “Jab”) as many times as he likes to reinforce good defensive habits, such as snapping the jab back or keeping the other hand up.
- Throw a jab back at the same time as the puncher, forcing him to defend.
- Fire a jab. The puncher should simultaneously catch it, and fire his jab.

CAUTIONS

When a holder is using traditional boxing mitts, he should turn his wrist up or down when throwing a jab. The edge of the mitts can be hard.

Anchor your chin to your chest during this exercise. Lifting the chin exposes a vulnerable area to strikes.

COUNTERPUNCHING

B-14. Defensive boxing skills can be practiced by adding them to basic combinations with counterpunching (Table B-5).

NOTE: Defensive skills should always be practiced with counterpunching and never by defending multiple punches in a row. Trying to block multiple punches gives your opponent the initiative, enabling him to break down your defenses.

Table B-5. Counterpunching combinations.

PHRASE	COMBINATION
Basic	The holder fires a punch at the end of a basic combination. The puncher defends and fires back with counterpunching combinations (H + C + H or C + H + C).
Pop	The holder calls “Pop” after calling the combination number. The puncher fires back counterpunch combinations after a defense with the same arm he defended with.
Up	The holder calls “Up” after calling the combination number. The puncher fires back after a defense with U + H + C or U + C + H. The holder should catch the uppercut just as he would if defending.
LEGEND	
J	= Jab
C	= Cross
H	= Hook
LH	= Low Hook to the Body
U	= Uppercut
JO	= Jab Out
NOTE: The fighter always completes the combination using a JO.	

NOTE: In order to teach fighters to read their opponents' body language, mitt holders should mimic the movements of opponents.

CAUTION

In addition to their standard combatives uniforms, both fighters must wear hard shin and instep pads to control the risk of injury.

MITT HOLDING

B-15. Punching and counterpunching can be incorporated into mitt holding (Table B-6).

Table B-6. Mitt holding for combinations with punching and counterpunching.

NUMBER/ACTION	COMBINATION
2 and throws an H	J + C + J + C + J + C + DH + H + C + H + JO
4 Pop and throws an H	C + H + C + DH + C + H + C + JO
5 Pop and throws a C	J + J + J + H + C + DC + H + C + H + JO
3 and swings at the knee the throws a C	J + C + LH + H + JO
LEGEND J = Jab C = Cross H = Hook LH = Low, Hook to the Body U = Uppercut JO = Jab Out DC = Defend the Cross DH = Defend the Hook DU = Defend the Uppercut	
NOTE: The fighter always completes the combination using a JO.	

COMBINATIONS WITH KICKS

B-16. Soldiers should practice punching combinations until the strikes and subsequent defense become natural, and then they add kicks (Table B-7) into the pattern of movement. This increases the effectiveness of the kick.

Table B-7. Kicks and their numbering and naming convention.

NUMBER/PHRASE	COMBINATION
After calling the combination or strike number (Table B-4), the holder can call for one of the following:	
Combinations with Kicks	
Kick, 10 (Right)/9 (Left)	RK
Switch, 10 (Right)/9 (Left)	SK
Teep, Front Kick	T
LEGEND RK = Round Kick SK = Switch Kick T = Front Kick	

DEFENSE AGAINST KICKS

B-17. To add kick defense, the holder attacks with kicks in several ways, as shown in Table B-8.

Table B-8. Combinations for defense against kicks.

ACTION	COMBINATION
RK	The holder fires an RK and holds for a C. The puncher beats it with a C.
SK	The holder fires an SK and holds for a J. The puncher beats it with a J.
RK/SK	The holder fires an RK or an SK at the end of the puncher's combination. The puncher checks the kick and fires back with a J + C + H.
LEGEND J = Jab C = Cross H = Hook RK = Round Kick SK = Switch Kick T = Front Kick	
NOTE: The fighter always completes the combination using a JO.	

Appendix C

TRAINING AREAS

Combatives training can be conducted almost anytime or anywhere with little preparation of the training area; large, grassy outdoor areas free of obstructions are suitable for training. This appendix provides information about the training areas suitable for combatives training. Further, it details bayonet assault course instructions, targets, and range layout.

NOTE: The following is a list of training areas in the order of preference: matted room/area, open terrain, and sawdust pit.

MATTED ROOM/AREA

C-1. Because inclement weather can be a training distracter, the best training area is an indoor, controlled-climate facility with padded floors and walls; however, mats can be moved to other areas to increase the safety of training.

C-2. Mats should be sufficiently firm to allow free movement, but providing enough impact absorption to allow safe throws and takedowns. Two types of mats can be used:

- Tatami mats.
- Wrestling mats.

C-3. Tatami mats are the more preferable mats, as the use of wrestling mats increases the risk of knee and ankle injuries.

OPEN TERRAIN

C-4. Competitions may be conducted on any open space with a suitably soft surface. The space should be a grassy area free from debris and cleared of dangerous objects. Training in open terrain can pose the following problems:

- Inclement weather limits the performance of training.
- Even with a thorough check of the area, hidden hazards are often present; these hazards can cause injury.

SAWDUST PIT

C-5. In the past, a common area for teaching hand-to-hand combat has been a sawdust pit. There are two types of fillers for sawdust pits:

- Recycled tire.
- Sawdust.

NOTE: Recycled tire filler is more preferable than sawdust filler.

C-6. Sawdust pits are designed to teach throws and falls safely, but are not very suitable for ground-fighting. There are several problems with training in sawdust pits:

- Particulate eye injuries are commonplace when ground-fighting in sawdust pits.
- Inclement weather limits the performance of training.
- Excessive moisture can accumulate in the pit, promoting the growth of fungus and other organisms within the pit.
- Even with a thorough check of the area, hidden hazards are often present; these hazards can cause injury.
- Bouts are more difficult to supervise, as the fighters' arms and legs can become hidden in the pit filler.

BAYONET ASSAULT COURSE

C-7. The bayonet assault course enables Soldiers to train realistic rifle-bayonet fighting under simulated combat conditions. Commanders can use this course to train their Soldiers in an environment that places physical demands on the Soldiers' abilities and endurance.

C-8. The training objectives of the bayonet assault course are to—

- Improve Soldiers' rifle-bayonet fighting skills, physical fitness, aggressiveness, speed, strength, coordination, and accuracy.
- Challenge the Soldiers' determination and stamina.
- Provide an opportunity for team and squad leaders to develop their leadership and control measures.

SAFETY

C-9. Soldier safety should be the primary concern of the instructor and his assistants. The best safety aids are constant control and supervision.

C-10. At the beginning of each class, instructors should brief Soldiers on the safety requirements for training, including the following safety measures:

- Bayonets must be fixed and unfixed only on command.
- Rifles should be grounded near the targets when Soldiers are ordered to move to the instructor's platform for explanations or demonstrations.
- A level surface that does not become slippery when wet should be provided for the training area.
- Left-handed Soldiers should be positioned opposite another left-handed Soldier when working against the targets. This arrangement prevents possible injury when executing a series of movements.
- When using the M16 rifle/M4 carbine against a target, the force of contact during the thrust movement may drive the handgrip the small of the stock into the forward assist assembly (on the right side of the weapon, near the stock). To prevent hand injury, the Soldier must maintain a firm grip on the small of the stock.
- When weather dictates, Soldiers should wear gloves during training.

LAYOUT

C-11. The bayonet course (Figure C-1) should be 300 meters long, and consist of a series of targets to attack and obstacles to negotiate. The surrounding terrain should be natural, preferably rough, and wooded.

NOTE: Use recorded sounds of battle, smoke, and pyrotechnics to enhance realism.

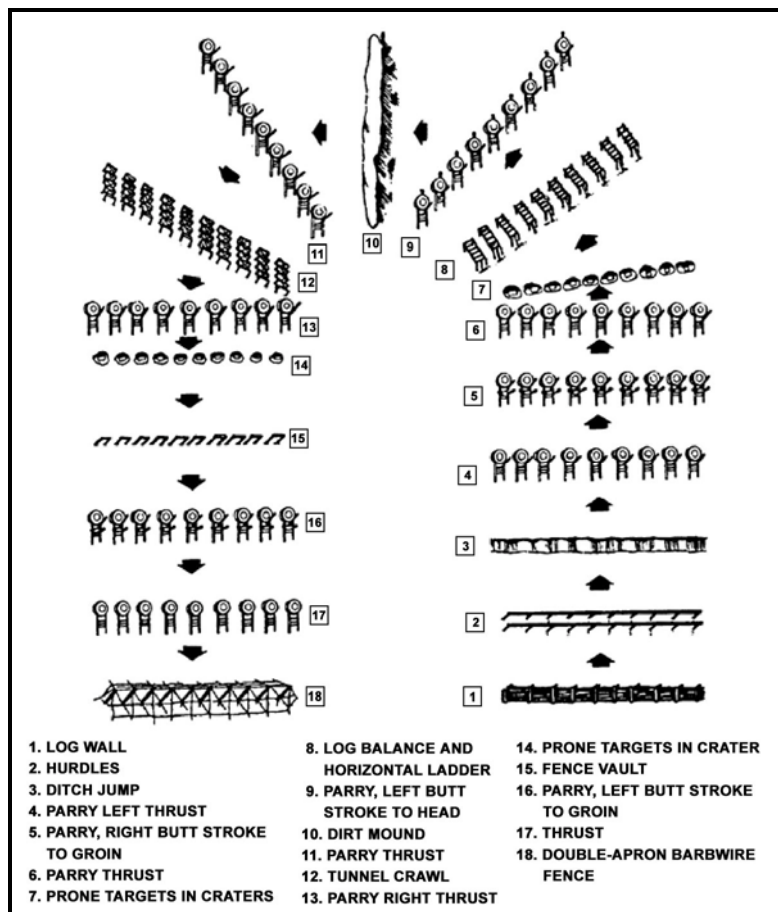


Figure C-1. Example 9-lane, 300-meter bayonet assault course.

TARGETS

C-12. The course should include a variety of targets (Figure C-2) to provide experience in different attacks.

NOTE: Place a sign near each target to indicate the type of attack to be used.

C-13. Targets should be durable, but should not damage weapons. They should consist of E-type silhouettes; large, three-dimensional personnel targets (FSN 6920-01-164-9625) or F-type silhouettes; and small, three-dimensional personnel targets (FSN 6920-00-T33-8777). The following types of targets are appropriate:

- Targets composed of old tires.
- The Ivan-type targets listed in TC 25-8.
- Targets built by the local training and support center (TSC).

OBSTACLES

C-14. Natural (i.e., streams, ravines, ridges, and thick vegetation) and artificial obstacles (i.e., entanglements, fences, log walls, hurdles, and horizontal ladders) should be included in the course (Figures C-3 to C-9).

USAGE

C-15. The following action, condition, and standard can be used to measure Soldier performance during a bayonet assault course.

Action	Negotiate a bayonet assault course.
Condition	Given a nine-lane, 300-meter bayonet assault course over irregular terrain with seven types of obstacles (Figures C-3 to C-9) and four types of targets (Figure C-2). Targets are marked with a sign to indicate the required attack. The Soldier wearing a unit-prescribed uniform with a helmet, and a rifle with a fixed bayonet.
Standard	The bayonet course must be successfully negotiated, with each Soldier obtaining kills on 75-percent of the total targets in his lane. The course must be negotiated in 5 minutes or less (about 30 seconds for each 50 meters, and time to attack and negotiate obstacles).

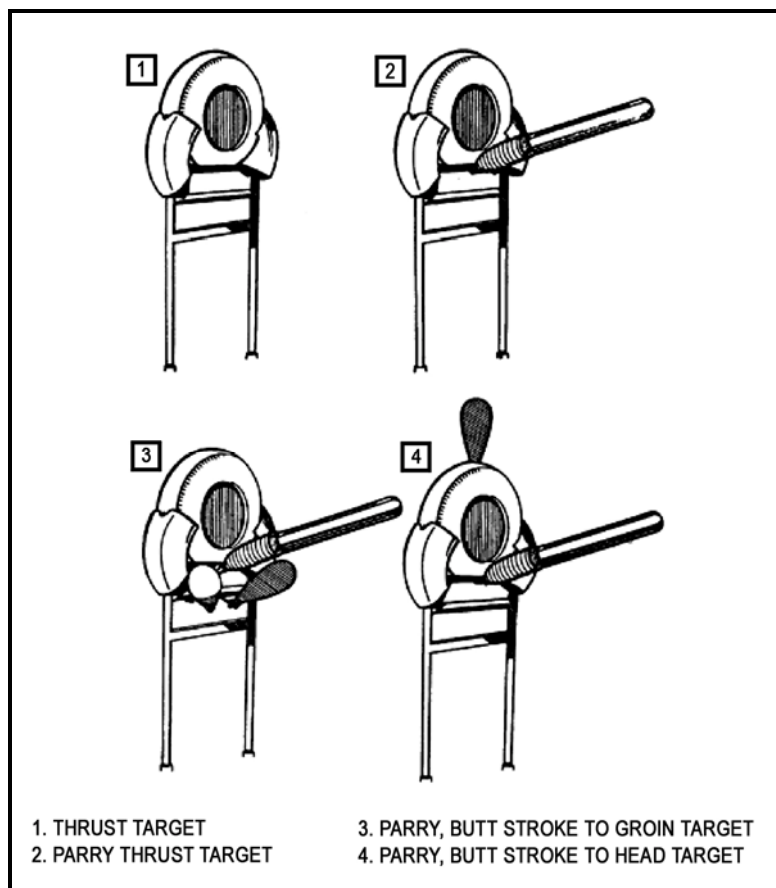


Figure C-2. Types of targets.

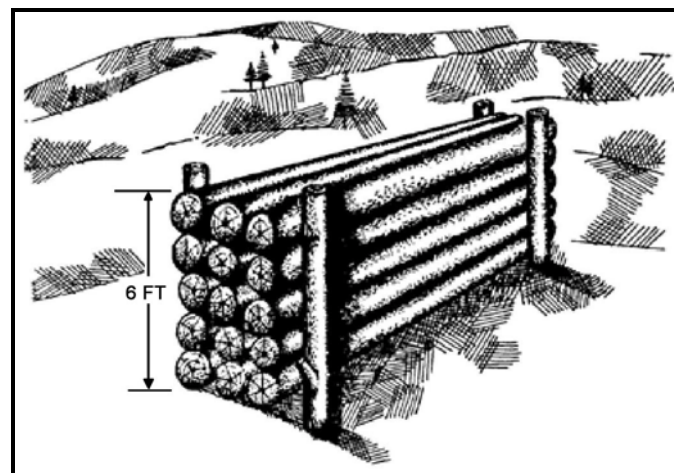


Figure C-3. Log wall.

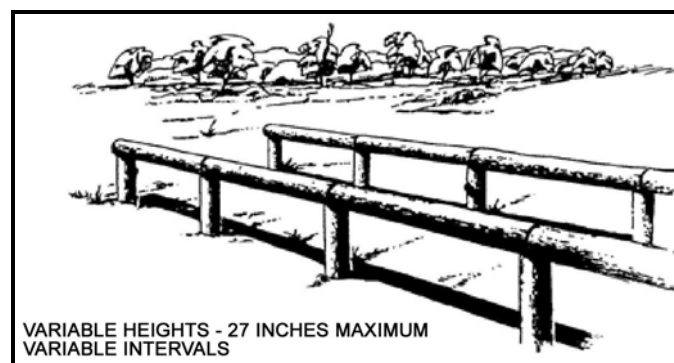


Figure C-4. Hurdles.

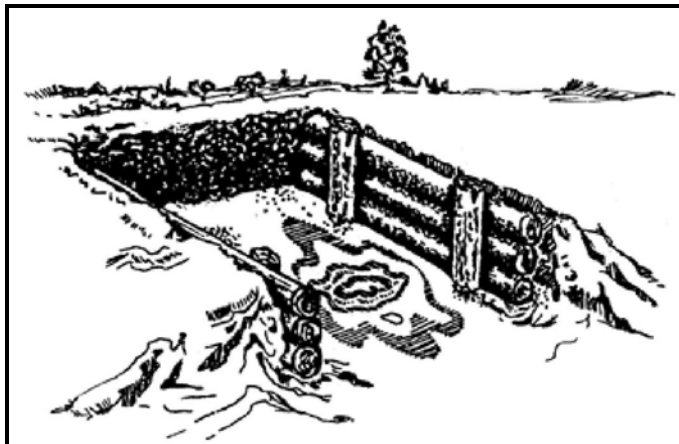


Figure C-5. Ditch jump.

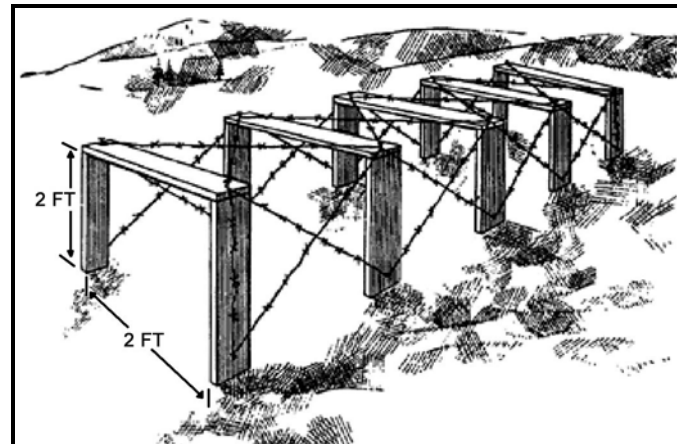


Figure C-7. Tunnel crawl.

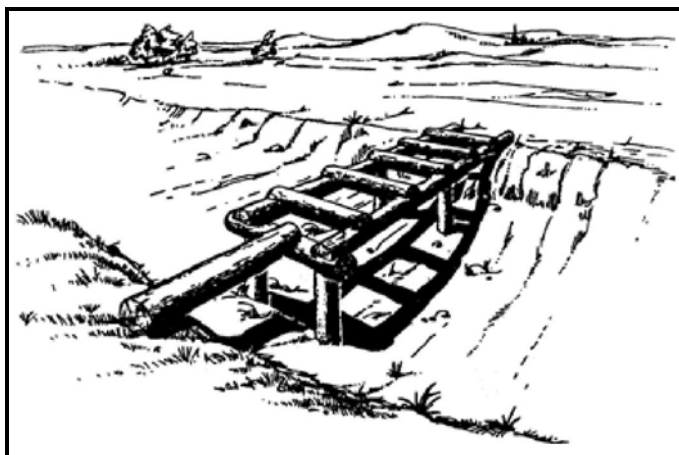


Figure C-6. Log balance and horizontal ladder.

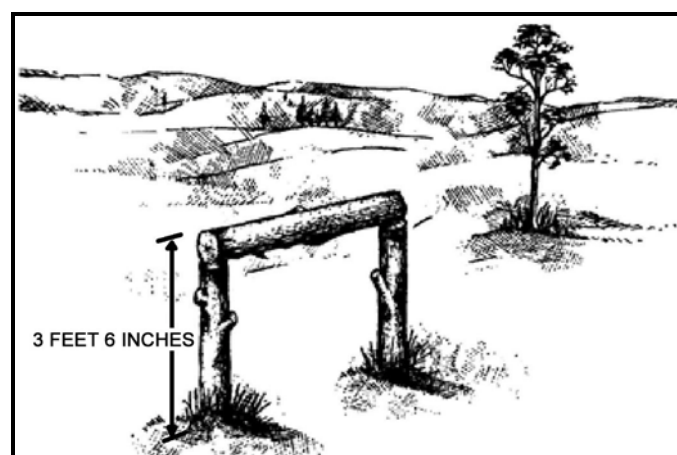


Figure C-8. Fence vault.

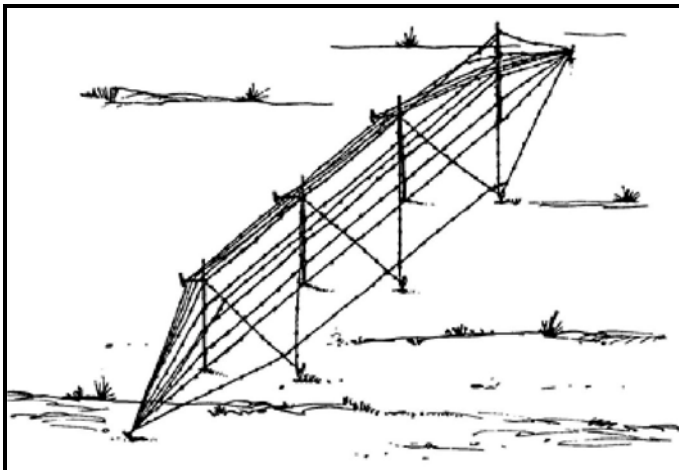


Figure C-9. Double-apron barbwire fence.

Glossary

A

ACU Army combat uniform
 AIT advanced individual training
 ANCOC Advanced Noncommissioned Officer Course

B

BNCOC Basic Noncommissioned Officer Course
 BOLC Basic Officer Leader Course

C

CCC Captains Career Course
 COE contemporary operating environment
 CRM composite risk management

H

HIV human immunodeficiency virus

I

IET initial entry training
 IMT initial military training

K

KO knock-out

M

MACP Modern Army Combatives Program
 METL mission-essential task list
 MTT mobile training team

N

noncommissioned officer
 Noncommissioned Officer Education System

O

OCS Officer Candidate School
 OES Officer Education System
 OSUT one station unit training

P

PE practical exercise
 PT physical training

T

TKO total knock-out
 TSP training support package

U

USACS United States Army Combatives School
 USASMA US Army Sergeants Major Academy

W

WLC Warrior Leader Course

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By Order of the Secretary of the Army:

GEORGE W. CASEY, JR.
General, United States Army
Chief of Staff

Official:

A handwritten signature in black ink, reading "Joyce E. Morrow". The signature is written in a cursive, flowing style.

JOYCE E. MORROW
Administrative Assistant to the
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